

Let's End Violence



WAR

HATE

BIGOTRY

FASCISM

INTOLERANCE

BRAINWASHING

CONDEMNATION

WOMAN & CHILD ABUSE

PLUS MUCH MORE

by Walter Clement



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To The archive Walter Clement

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DEDICATIONS

With the permission from the following people, I dedicate this book to those who supported me.

To my father who accepted me for who I am.

To my sister who always stood by me in full support.

To my 25 year long companion Robin who always gave me trust and unconditional love.

Finally to all those who read this book.

INTRODUCTION

Born with a severe handicap, I had to learn how to compete in a sighted world. This experience exposed me to discrimination, and to learning all about the cruelties men inflict against those who are different from the so called majority. I feel strongly compelled to take on the fight against all those who promote bigotry, injustices and fascism. I devised a way to compare those uncivilized behaviors as an antisocial cancer that destroys the social well being of all humanity; and the perpetrators of those repulsive actions, like the religious fundamentalists, white supremacists and any other fascist institutions of intolerance as antisocial tumours.

Comparing those behaviors to a disease like cancer best portrays how we destroy each other through hate, injustices, bigotry, ignorance, disrespect and fascism.

This book attacks only those vile behaviors, but in no way defames anyone on a personal level, retaining dignity and respect for the reader. We unlock the mysteries behind why we hate or oppress others, and discover how can we break away from the shackles of self destruction, leading into a life of compassion and care. My purpose is gently to guide us into recognizing our own intolerances or prejudices, learning how to deal with them in a constructive way. We will learn to accept and love ourselves for who we are, so that we may do likewise towards those who are different from us. As individuals or in a group, we will aquire the skills, the tools, the inspiration and the courage, to take on the battle against all kinds of hate, injustices and oppression.

Keep in mind that as individuals in great numbers, we can turn the tide of men's bloody history around, into a new future of love, understanding and compassion. If you feel that those convictions are worth the prize of a cleaner safer world, please read on, and further enrich your life.

CHAPTER 1

FROM THE AUTHOR

I was born in a mining town in Canada's great cold north. My family consisted of eight people including parents. My childhood was quite a challenge, due to the fact I was born with retinitis pigmentosa. It's a genetically inherited eye disease that destroys the retina as you grow older. Even though I have some sight, I'm still legally blind, meaning that I have less than ten percent vision left in both eyes. At present there's still no cure for this disease. This condition placed me in a minority group compared to my friends, school peers and society in general. In those days there was little or no resources to obtain large print materials or visual aid devices like the ones available today.

I had no choice but to compete in a sighted world, putting up with prejudices while striving for success. I was fortunate to have parents who didn't believe in babying me because of my eye condition. They always told me to give it my best shot at life, and they never failed to help me in my time of need. This allowed me to learn to do a lot of things for myself, sharpening my curiosity. In and out of school, I developed a keen interest in all aspects of science, new technologies and social behaviors. Even today, I still want to find the reasons behind everything. I never relied on a single source of information, because there is always more than one opinion on every subject, and two sides in every story.

Just like everyone else, I'm vulnerable to bigotry. Ever since day one in my elementary schooling, I felt the wrath of rejection and intolerance by bigoted pupils who refused to accept me because of my visual impairment. Thank God most pupils in the class were quite good. However, all you need is just one or two intolerant individuals to create problems causing tension. It's amazing how little it takes to amuse small minds when it comes to teasing those who are disadvantaged. This is the kind of ignorance that must be fought with education, before it blooms into full hate and violence. I've been

called four eyed, goggle eyed, blind bat, dumb because of having difficulties in seeing the blackboard, and if this wasn't bad enough, I was tripped in school hallways because my eyes failed to adjust to the dim indoor lighting compared to those who adjusted quickly. My older sister who also visually impaired, always stood by my side, to defend me in my early education. Even though this took place over forty years ago, I feel that I will never be able to thank her enough for her great kindness, that gave me the courage to go on in those hard times. She is the one person who really taught me what tolerance, care and compassion are all about. I'm proud and fortunate to have a sister like her. It shows that good habits, healthy attitudes with love and compassion, can be passed on from one generation on to the next. Let's try it.

Throughout my education I always had excellent teachers, who gave extra help because of my situation. When I was in my eighth grade I had an exception. This particular teacher was a real bigot, mocking my disability, and always miserable in any way. It got so bad that my parents threatened to unleash a lawsuit if he didn't clean up his own act. He

was also highly abusive towards all others inside the entire school. As a result nobody liked him, including all the other teachers. He quickly awakened me to the realities of hate, intolerance and bigotry. Unfortunately in those days, there was no educational literature to help you to recover from bigotry. Bitterly angry from those painful experiences, I feel highly compelled to do something to fight against all kinds of hateful intolerances and bigotries. Doing nothing about it makes me feel worst, that is why I'm taking on this challenge.

My very first step was to clean the skeletons out of my own closet, so that I could open up my own mind and learn to love others. Second, I crammed in my brain all the educational materials that I could find on social science, the dysfunctional family system, addictions and the causes of intolerance. I also educated myself in understanding various groups of people, by listening to their views and outlooks on life. This is what motivated me to write this book, with hope to inspire others, to take action against hate, intolerance and bigotry in any way possible to improve humanity around the world.

CHAPTER 2

ABUSIVE DESTRUCTION

There are plenty of good reasons to fight against bigotry as we will soon find out. The following statistics reveal that Americans are now the most violent society in the free world of democracy within the industrialized nations. In the United States a violent crime is committed in every minute of each hour, and at least two people are murdered every single hour. Every year over a quarter of a million people fall victim to a violent crime involving guns. Those crimes vary from gun threats to actual killings. All this violence results in thousands of people being killed in the United States yearly; and two thirds of them involve guns.

There is no excuse for so many lives lost over senseless killings in a beautiful country like the United States. A case in point. In Switzerland everyone who joins the military gets to keep their fire-arm at home. This results in an army style assault weapon in almost every home. Yet fire-arm crimes are virtually almost nil in Switzerland. It's obvious that something has gone terribly wrong. This is far too many killings on a yearly basis for a nation in peace time. Here are some of the causes.

American history glorifies the power of the gun. It's used to intimidate, secure domination and conquer with brute force. The battle against the north American Indians, the civil war, and many other legends of history using violence and murder, are glorified as heroes in our present day films and videos. A prime example of this come from the American film industry. They are preoccupied in making movies, about serial killers and others who commit hideous crimes of violence and murder. Any society that relives the violent crimes from their criminals through movies, desensitizes themselves from the evils of violence. That's another cause of more

violence in America and the world. Refer to your local public library for more on American history. Guns are too easily available in the United States, just like purchasing a loaf of bread. First we must recognize the problem in urgent need of solution. The next step is to identify the sources and causes. Finally solutions have to be found, then law and order must be restored. I don't have all the answers to end all murders, but I hope the following will open a path to find ways in reducing the above statistics to a minimum. Now that we recognize the problem, let's do something about it, by starting to understand its sources and causes.

There are two main sources of traumatic forces against our lives. The dysfunctional family system, and society in general. Now let's look at the first, the dysfunctional family system. We must get one thing straight here. In most cases those who turn to a destructive lifestyle, do so because of traumatic abuses during childhood. In a smaller portion, destructive behaviors are caused by mental illness or other medical problems such as severe allergies or other physical difficulties.

A dysfunctional family consist of abuses in three categories; sexual, physical and emotional denying everyone their needs.

Sexual abuses may range from improper touching to full blown rape. It can occur between any two or more family members regardless of age or sex. All types of abuses can not be underestimated, when it comes to the damage they cause. Sexual abuses are no doubt very painful and destructive to a child. Stricter laws are needed to reduce this repulsive scourge.

Physical abuses are any kind of excessive punishment, assault or torture inflicted against one's body. The intensity of physical abuses may result in everything from minor bruises to death. All physical abuse causes serious damage to a child's life. It too must be ended.

Emotional abuse from insults, derogatory remarks and rejection by parents is bad. Rejections are derived from a long list of senseless excuses of which none are valid enough to reject or abandon a baby or a child. Emotional abuse is devastating to a human life and must terminate.

The above abuses are inflicted in various combinations and intensities on their victims. Warning; no matter how little amount of abuse is done to a child, it always cause great damage to one's life. Those behaviors must be criminalized and the law applied in full force to stop offenders. Education combined with the twelve step program must be made available, with professional counseling and therapy to help offenders, to recover and break the cycle of passing on the abuses from one generation to the next. There is plenty of literature pertaining to this matter for those who would like further education.

Any form of abuse will always break a child's spirit and wellness for the rest of his or her life. Anyone spiritually and physically hurt and damaged, is guided into a wrong perception of the realities of life. To survive past abuses, they resort to denying past traumatic events to shut out the pain. In most cases the abused victim is forced into shame by being blamed for the illicit act committed by offenders.

When a child is raised in abusive situations, he or she is never exposed to proper tender loving care, and denied

the opportunity to learn to be kind, gentle and respectful. No wonder any kind of abuse crushes a child's spirit. It stifles dignity and self respect from within the victim, by encouraging fear, anger, shame and hate. That is how a young child's life is destroyed from the start. It creates many people who become dysfunctional in the skills of life, leading to an endless list of self abuses through many kinds of addictions. When self respect is gone and shame rules your life, it's most difficult to gather the courage to seek recovery programs. Let's stop and think; how it would feel to be in pain, anger, ashamed and abandoned; then we will realize the great need to put an end to all forms of abuses against each other, especially children. As if this wasn't bad enough, victims from abusive families are more vulnerable to social abuse. This is when the second source of abuse takes over on a grand scale.

It's very tempting for someone who feels rejected and abandoned, to be convinced to join any organization, group or institution who welcomes them with open arms. Unfortunately, many antisocial groups of intolerance, criminal activities and other destructive madness exploit this opportunity to recruit memberships for their causes.

When the law cracks down on those organizations of ill
repute, many of them end up in a second most intimidating
institution called the prison. Note that many of those
groups of ill repute, are operated by people whose life
has already been damaged by abuse. Not knowing any better,
they use abusiveness to spread destructive abuses within
our society. That's how abuses are self-perpetuated from
generation to generation. This cycle must be broken.

Here are some insights from abusive institutions of
pure hate and intolerance. Religious fundamentalists,
white supremacists and totalitarian political fascists
believe that they are the truly normal righteous people
without faults. They want everybody else in the whole
world to conform to their convictions. They perceive that
a crowd of people is far more immature and irresponsible
than any individual members. They exploit all of us
using fear, intimidation and violence to satisfy their
lust for power, the greed for wealth while violating our
human rights laws, to maintain totalitarian rule over
others. Their dictative empires are notorious in develo-
ping their hateful personalities and policies, to

inflict their vile and vicious actions against society. The problem within an intolerant group, is that its members refuse to take responsibilities for the groups actions on an individual personal basis. This is how all its members free themselves from personal private guilt, while allowing themselves to be maliciously brainwashed into insanity by abusive dictators. All dictators are wrong from the start, simply because there is no such thing as a normal person, due to the fact that we are all different. The main tactic of religious, political and social dictators, is to prevent you from discovering who you really are, using fascism to stagnate your life in misery and grief, brainwashing you into remaining under their satanic spell.

They achieve this by setting up institutions of pure hate and intolerance, on a system of hierarchy that grades its members on a multilevel ranking system using authoritative force. Authoritarianism is the blind obedience forced upon the population, with a patriarchal system to recruit and maintain its membership, while protecting their vile empires from being questioned or challenged. It may prove to be a most awakening

experience to compare all institutions and organizations of hate, to uncover how they impose their convictions against humanity. Compare Hitler's fascist empire to the Vatican, the religious fundamentalist's tactics, the KKK, The Heritage Front, third right political parties and any other fascist institution of intolerance, to discover their distinct style of exploiting hierarchy and patriarchy to build up rigid unforgiving causes. First they are all undemocratic, bigoted and totalitarian using fascist authority, to shame victims into total strict obedience with fear of persecution, to secure their laws and policies above human life itself, destroying individuality, creativity and basic human rights. Human life should be beyond anything man has ever created, especially above hateful organizations of pure intolerance. We all have a moral obligation to terminate hate and intolerance around the whole world if we want peace.

Another source exploited by unsavory groups are large crowds. Individuals behave much differently in a crowd than when alone. This phenomena has potential to provide recruits. Now it's time to find out why it's easier to get a crowd to come to your way of thinking as opposed to convincing everyone on an individual basis.

As individuals, most people behave responsibly towards their neighbours. In a crowd some undergo strange antisocial metamorphosis. First they shed, dignity, care, respect and forsake all responsibilities while turning a blind eye on that of others. In that altered state of mind, it's a lot easier to be sucked into obedience to a satanic dictator. I refer to this as the silly putty syndrome. When someone leaves his or her individuality by closing one's mind to logic, common sense, self respect, responsibilities and compassion, he or she is left with a vacant mind. This leaves an open invitation for a dictative leader to mold your mind into its every desires; just as a child will mold silly putty into a desired sculpture. This is how we are conquered by religious fundamentalists, political and social dictators, allowing them to establish intolerant dominance with the use of force over others. As individuals we must all educate ourselves, to find ways to apply every means possible to prevent any kind of totalitarian regime from ever taking the power of terrorism over the world. Men's bloody history is proof enough as to what happens when human rights are prohibited and violated.

We will find out how empires of intolerance recruit abused victims from dysfunctional families, while forcefully encouraging the creation of more dysfunctional families. We must also look into the ugly face of hate. This will give us an inside look into the hell hole of organizers of racism, sexism, homophobia, bigotry and all forms of the evils of intolerance. We will discover ways to break away from those repulsive hate groups, and put a stop to their cycle of recruitment. To achieve this, each one of us must search all aspects of our lives; where we come from, our deepest thoughts on our attitude towards life and others; and recognizing our own prejudices, and what made us turn to that wrong direction. Hate and intolerance are an abominable degradation against humanity. It takes great courage to face our real responsibilities to clean up our own personal act. In doing so, we will soon find out that many empires of hate will diminish and hopefully some of them will die out. In order to solve those major antisocial problems, we all must start with ourself first, and then the rest will take care of itself.

The recovery stages will make us aware that we are not alone and that there are many world wide groups and organizations willing, ready and able to help anyone on a moment's notice. All you have to do, is to make up your mind to liberate yourself from the shackles of shame, pain, hate, anger and fear; to conquer them and thrive in an exchange of life, with self respect, love, care, joy and understanding with healthy spirituality. It's a process that as individuals, we all must go through to turn our lives around. Spirituality is to worship your god as you know him, and not as you were forced to believe what God may be like. All of the above subjects will be explored in intimate detail to convince readers to take on the challenges involved in abandoning a destructive lifestyle for a constructive one.

Beyond this we will evaluate the high cost of finances and manpower wasted on wars, and the destruction against all of humanity and mother earth itself. We will also imagine how our world could have been, if all the efforts we invested towards destruction, would have been used for constructive deeds. It will give us an idea as to what kind of world we all can have if only we give peace a chance. We would end up with a safer,

healthier, cleaner world for all of us to live in. As individuals in great numbers we can make a big difference and it's well worth the effort to go for it.

CHAPTER 3

OPPRESSION'S UGLY DYSFUNCTIONAL FORCES

In order to deal with this issue, we must look directly into the ugly face of hate. Where does it come from? What kind of social behavior perpetuates its popularity? Let's take a serious look inside hate groups, gangs, organizations and institutions promoting intolerance. Wisdom dictates that we should know as much as possible about our enemy, the bigot. Now the boxing gloves are on; and the realities of life will fly in the ugly face of bigotry, racism, homophobia, fundamentalism and intolerance. I don't believe in attacking anyone on a personal level. However I will unleash a vicious attack against the above behaviors. I will tell it like it is, now let's brace ourselves; **the truth always hurts the most.**

The following may awaken hidden feelings of prejudice within ourself, that we may have against an individual or group. If you recognize yourself in the following; please keep in mind that this is not an attack on you as a person, but it is a revelation of the cause of intolerance among all of humanity. This is only temporary. The following chapters will gently guide you and all of us constructively, eliminating hate within ourselves. It will free our spirit to soar in love and understanding. I walked down that road before and believe me, the rewards are beyond description, they must be experienced. Now let's uncover the origin of hate and intolerance.

Religious fundamentalists, third right politicians and red-neck societies are the major causes of dysfunctional families by promoting hate and intolerance. A typical dysfunctional family can be seen when the mother or the father becomes the dominator; forcing all other family members including spouse into subordination. Through his or her religious, political or social convictions, the dictator secures his or her self-appointed position as the head of the family. He or she reinforces the power of his or her position by inflicting abusive regulations on the family. In this position the dictator will do anything

to secure dominance to satisfy the addiction of power and control over others. This is when the dictator becomes the abuser and will be referred to as such from now on.

Just like alcoholism, the urge to control others is also a dangerous addiction, that can easily be passed on from one generation into the next. Sexual, physical and emotional abuses are also passed on with all other addictions. An addiction is a harmful compulsive behavior used to reduce or hide the pain of traumatic abuses endured during childhood.

Now let's investigate the damages done to an innocent child when raised under a dictative regiment of abuse. But first let's take a look at a healthy functional child; the way we all began and how we got damaged. At the very start of life as babies, we are all one hundred percent innocent. This is when there is no hate, pain, bigotry and no will to murder another person in any of us. Also this is when our perception of life is on its proper vintage point to perceive the realities of life. In other words, this is when we were truly ourselves as a complete wholesome individual, fully functional. That's how you must

remain all your life in order to be functional all the way into old age. Unfortunately the opportunities to remain so are rare in our violent society.

Next we must realize, that the family abuser's own perception of life has already gone way off centre in his or her world of lies and deceptions. Secondly, they have no love or respect for themselves, so how can you possibly expect them to have any love and respect for their children? They see the world only in black and white, believing that the whole world is wrong and the only way to salvation is strictly through their way of doing things. No other method outside their own can possibly work. This closed minded attitude legitimizes their dictative role of abuses. This creates a most negative environment to raise any child.

Abusers have a very bad habit in believing that they own their children just like property. Because of that wrong perception, they lost the reality that you don't own your children, you are only their providers and caretakers. Children are individual human beings with different needs, personalities requiring personalized attention especially tender loving care. Just because

parents gave birth to their children, does not mean that they own them like cattle, objects or property. Children have their needs that must be met without abuses with unconditional love. Adult relatives and children alike are all separate individual identities worthy of equal respect.

Without any respect to the individual personality of the family members, the abuser will conform everyone to his or her ideology, demoralizing the entire family. This is when all hell breaks loose. Verbal emotional abuse often precedes physical beatings, followed by a fearsome warning of never to be yourself again or else. This brutal action is more than enough to break a child's spirit while crushing his or her individual well being. If this wasn't bad enough, it throws a child's perception of the realities of life off centre, forcing it to embark on a dysfunctional destructive lifestyle just like the one of its abuser. This is how the first lesson from pure hell looks like. The following ones get a lot worse.

In this hellish environment children have no rights, respect, love proper care or shelter against any kind of abuses, and have nothing but cruel sexual, physical or emotional abuses. Those children never get to explore all aspects of our world. Their dictative caretakers use pure brute force and abuse, to teach them only what he or she sees fit for them to learn. In this disadvantaged situation, children are often forced to learn how to become intolerant fundamentalists, racists, homophobics, sexists and all round bigots. Those satanic teachings begin immediately at birth, through childhood and all the way into the teenage years, or until the child or teenager finds the situation so unbearable, to the point of running away from the hell hole called home. This is where many of our street children come from. For a child to leave home to take chances on the city streets, should awake us to the horrors of sexual, physical and emotional abuses for them to take such evasive actions.

The problem begins when parents even though well intended, don't realize they are practising intolerant bigotries against their own children. Some of the worse

offenses are from parents who tell their children not to be themselves and instead, to be like mom, dad, the preacher or anyone else as role model. Please accept your child for who he or she is. It's impossible for anyone to be exactly like someone else; after all we are all born different and no two of us are one hundred percent the very same.

Another horrifying habit is when parents constantly hold the threat of severe punishment, at their children if they make mistakes. This situation is rendered intolerable by parents who carry through with violent abuse. Remember children can't possibly know everything at birth, and should have the right to make mistakes in the growing learning process, without having to feel the wrath of pain.

Another far more devastating situation, come from parents who raises their children within the confinement of a religious, political or social narrow minded conviction. Such parents fully believe that they are doing their children a good deed, by restricting them from exploring the world and life outside their dictative rule.

Under such prejudiced judgement those parents totally fail to give their children a much needed sense of being trusted. In such strict upbringing, children are often severely beaten or threatened with death if they disobey their parents. This has to be by far the very worst possible abusive cruelty that can be inflicted on an innocent child. This is the type of dysfunctional family that produces the largest amount of our antisocial ills like hate, bigotry, fascism and intolerance. There are many other ways children suffer abuses from parents and other caretakers.

This is not a matter of parent bashing. We must understand that many of those parents who use oppressive intolerance against their children, have themselves suffered the same abuses as children many years ago. Back then, the horrors of abuse were not in the open like they are today, with little or no educational materials available on those issues. That is why it's most important to let the young and older generations know, that this cycle of passing on the abuse can be broken.

Raised in an abusive situation, a child knows and feels that there is something wrong, however through his or her innocence fails to realize that you call it "being abused." The reason for this is when raised in an abusive environment, the child has no opportunity to learn that there is a kind and gentler alternative way to be raised, compared to another child who was lucky to have gentle tender loving care. At this point in time, you have a child in absolute fear, anger, in mental and physical pain, unloved, alone in shame and now totally dysfunctional.

On the streets they become prime recruits for street gangs, hate groups and organized crime establishments. They are vulnerable to deal with illegal drugs and to the spread of AIDS. The only way to stop this insanity is to attack its root causes, like intolerance and hate. As you know children eventually grow up into adults, and then begin to have their own. Now the cycle is complete, and starts all over again into the next generation.

In the following chapters, we will learn how this vicious cycle can be broken, to recover into a loving and

caring life. First we must look at the evil ways of the religious fundamentalists, hate groups, gangs and other institutions of pure intolerance.

CHAPTER 4

THE CYCLE FROM HELL

In order to understand why gangs, groups of violence and institutions of intolerance exists, we must find out how they recruit their members and also where those recruits come from. It works on a self perpetual closed loop cycle system. Once we understand the vicious damages this cycle causes; than we will know why I call it "The cycle from hell." It's now time to ride this cycle all the way around. So prepare yourself for the roughest merry-go-round ride of your life.

We enter the cycle at the dysfunctional family system; where the needs of its members are not met,

because of sexual, physical and emotional abuses. When raised without any chances to experience tender loving care, compassion, joys of life, respect for yourself and towards others; then how can anyone learn how to return kindness? This leaves the abused in a world of deceptions with false perceptions on the realities of life. Bitterly angry and in shame, they often become rebellious with a very strong distrust of others. They rely only on themselves with their self learned survival skills. Some of those skills are not exactly approved by the law. Not all street kids join gangs or commit crimes. However there are some who join gangs with others who still live at home. No matter who partakes in gang activities, most likely he comes from a dysfunctional upbringing.

The reasons why many people join gangs may vary, just as much as the number of members they have. One reason is the need to become part of a new family that cares, and join a gang seeking the needs that were never met at home. Often they refer to other gang members as brothers and sisters, within the same group. A second reason, is some feel they are welcomed by the members of a gang, filling the emptiness from within caused by

their abusive situation. Another reason, is to get away from loneliness by making friends with gang members. Again for some they feel secure and protected in a group as opposed to being alone and more vulnerable. Unemployed with boredom, some join gangs just to find something to do. There are millions of other reasons as to why people join gangs. Most unfortunately gang activities are not always legal.

There are two main reasons why gangs resort to violence in our city streets. The first reason is because there is absolutely little or no options to improve their financial status. In their frustrations, they use illegal fund raising tactics such as shop lifting, robbery, prostitution, extortion and the sale of illegal drugs etc. All of those activities often become violent crimes resulting in deaths. The second cause, is when a gang set its roots in a neighbourhood. They will guard it with vigilance around the clock. Beware if a gang member who trespasses into another gang's territory; may end up severely beaten or killed. A gang is always threatened by other gangs because they compete in the same illegal trades. This is why gangs are highly territorial, to

assure their survival. This will often pit many gangs or groups against each other. Through territorial expansion and vindictive retaliations, wars often break out among gangs. This is when the guns come out, the shooting begins and lots of lives are lost. Not only gang members end up dead; many innocent bystanders are often caught in the crossfire. Now you can imagine how everyone is in danger from those street gangs.

This fear will motivate ordinarily law abiding citizens to arm themselves with guns, for self protection on a moment's notice. They call this self preservation and survival. This reveals just a few reasons why there are too many fire-arms in today's society. Most unfortunately there are an endless amount of reasons why people buy guns for the purpose of shooting at another human being. We will find more reasons why people kill each other. We must find solutions to put an end to this killing urge.

To aggravate the situation, gangs have a notorious habit of recruiting unabused well adjusted children and teenagers by using the art of intimidation. This involves daring a potential recruitee to commit a wrong act against another person. If uncooperative, persuasion is used by verbal abuse or physical assault. Fear is the weapon used in this type of situation.

To all children and teenagers who have great hesitation in joining a gang; it's because you know it's wrong and dangerous. You are within your rights to hold your grounds, to refuse their advances, and to seek help to get them off your back, if they persist. Tell your parents, the police or an adult. There is a law against this form of crime. As long as you remain a gang member, you will never seek the help needed to recover, and jump out of the cycle from hell. There is a lot of help provided by agencies, professionals and self help groups to make it possible to turn your life around. There is always hope for everyone of you. I know that the road to recovery is very difficult, but the rewards are well worth the struggle. To all those who made it; may God bless you and keep you on the right track, and congratulations for work well done.

As members of society we are all responsible to discourage gangs from establishing territorial powers in our city streets. The first thing we must do, is to free ourselves from our own prejudices towards those who partakes in gang activities. With all due respect, I realize that for those who lost loved ones at the hands of gang members, that it is in no doubt a most difficult task to accomplish. We all have the right to grieve our lost loved ones, to remember them in our hearts with respect and blessings. I greatly sympathize your losses; sorrows and pains. Even though the pains of losing a loved one remains, there is a time when constructive actions must be taken, to reduce and eradicate gangs in our cities.

Before we take any kind of action towards gangs, we must know all we can about it's people. First they are good, loving and most understanding if only given a chance and most worthy of respect as human beings. They are good people; its their behaviors has gone bad. This is where they need guidance to change their bad habits and behaviors into good ones. We must keep this true fact in mind at all times. This is to help us to realize that they are people just like ourselves; to stop prejudging them and to quit looking down at them as if they were less than humans.

First very few of those people had tender loving care, as children ~~their~~ family needs were never met, and all they had **was destructive abuses that demoralized their** minds and robbed them of their spirituality. Bitter and angry at life, they join gangs in search of the needs that they never had. In distrust at society they become defensive, vocally abusive and intimidating with the threat to pounce violently at whoever they perceive as a menace. Those behaviors makes it most difficult to approach them without setting off conflicts. With very good intentions in mind, the police dealings with gangs were mostly very confrontational. This has further increased distrust towards society on the part of the gang members. Direct social and religious condemnation at the personal level, also contributed to this situation. Condemnations should be aimed constructively at the behavior and not at the person retaining full respect. As we become more educated on the issues of the dysfunctional family and as to why so many people join up with street gangs, we hope to find ways to help them. Many people can help, especially former gang members who have recovered and left this lifestyle, are the best to reach them and to set up proper self help recovery programs, to turn their lives around. It's because they walked down that road before and knows exactly what this is all about.

Unfortunately too many people don't want to change **their** old ways and habits. They end up frozen back in time in a life of crime and despair. Most sadly of all, they end up having their own children, raising them into the next generation of dysfunctional families. Now you have the full cycle from hell. For those who seek help I recomend that you visit your local public library. They will supply you with a list of services in your area.

Gangs are not the only predatory wolves exploiting society to obtain their recruits. There are too many organizations of intolerance eager to do the same. The religious fundamentalists, third right politicians, white supremacists and other institutions of hate have their tactics against our society. We shall uncover them with the full intentions to find ways of putting an end to those antisocial scourges.

CHAPTER 5

FUNDAMENTALIST BRAINWASHING

Another great source of hate, intolerance and violence comes from a most unlikely place. The religious fundamentalists are by far the largest perpetrators of wars pitting people against each other. We will find out more in regard to this matter. First I will start with my own religious experiences and how it affected me.

As far back as I can remember, I recall my mother's authoritative powers over the entire family to attend church services every Sunday morning. During my early childhood, my father was just as strict and verbally abusive as mother. Fortunately as years went by, my father opened his mind and learned to accept values from outside the Vatican's teachings. As he grew and matured, it became

a lot easier to talk to him. By the time I was a teenager, he posed little problem as his knowledge increased. By the time he died, he was a very well educated gentle man. I love him dearly and I know he is resting in peace.

My mother was a ~~Roman~~ Catholic fundamentalist, to her the Vatican was simply infallible and no other faith or religion could hold a candle to the ~~Roman Catholic~~ teachings. With a stern iron fist, she ruled the family with her straight and narrow ways. Don't you ever dare to challenge her, if you do not want the wrath of her biblical thumpin'. Well intended, she literally turned religion into a weapon of emotional and physical abuse. I recall way back in my childhood, that every day at seven o'clock in the evening that we had to kneel and recite the entire rosary. This was an absolute must, before we were ready to go to bed. Even on Sunday we were not spared this tradition. Thanks to the arrival of television, it ended this old tradition.

My elementary school was operated by the Catholic separate schoolboard. Nuns were the only teachers when I

started my education. **It wasn't** until I was in my third grade when male and female teachers were first hired that didn't dress in uniforms. It wasn't too long after I first started school; that I was introduced to the **medieval style of their religious teaching methods**. First the teacher would read a passage from the bible, trying to make the story seem interesting as much as possible. After this was done, the pupils in the class had to read outloud a series of questions and answers that pertained **the previously read scriptures**. At the end of every day, they were given to us to memorize, as part of our homework. The very first thing the teacher did at the start of the day, was to question the class on those religious questions and answers, to make sure that we all memorized them. If you failed to memorize them, you got the strap or were given extra homework as punishment. This is what I call a totalitarian system when intimidation of the strap and forceful tactics are used to teach catholic doctrines. It is also a form of emotional and physical abuse when you are brainwashed by force without any kind of dialogue, or discussions between teacher and pupils permitted anywhere in this dysfunctional system.

Can you now see the sly tactics of the blind obedience of the totalitarian system in prefabricating all questions and answers by the catholic teachings? It sidetracks your train of thoughts from your own personal feelings and questions. This is how they hijack your mind into their views, imposing them on you, without any respect towards your personal intelligence, or the fact that you can think for yourself. I put up with eight long years of memorizing those negative abuses. I did it just to dodge the strap and to gather much needed points on my report card. Between you and I; I don't believe in any of this memorized old dictative propaganda. When I got in high school, the system finally allowed time for discussions on various issues. It was more interesting and I really enjoyed expressing my own opinions. Believe me, if I would have known then what I know now, I would have had a lot more fun.

At home things were just as rough. My mother was highly forceful of the school's methods of religious teachings. She firmly believed that the pope is infallible. I don't believe in this nonsense, after all the pope is only a human being just like the rest of the population.

If he was infallible, he would know how to cure every known diseases afflicting humanity. How to neutralized all forms of toxic **pollution, while restoring all aspects of our** environment back to its original pristine. How to reproduce nuclear fusion very cheaply at room temperature, providing an endless source of non polluting electric energy. Most of all, how to end all the wars in the entire world along with all the hate, intolerance, violence and unjust fascist empires within all of humanity. It's quite obvious that he failed in all of those issues, and has absolutely no answers to resolve any of those problems. I don't expect the pope to have all the answers, however I expect that he should clean the skeletons out of his own closet, admit his prejudices, and take firm action to educate himself, to correct his behavior just like the rest of us. All of humanity created all those problems and each one of us have our responsible share to resolve them. In other words we are all responsible, to never unload all of our problems on to a single person or institution, because that is asking for a lot of trouble. I can't forget the religious abuses that I've gone through. I truly forgive my mother because I realize that she was also religiously abused. In her days there was no mass communication systems

like television, self help groups and she was never allowed to seek alternative information outside the catholic church. Mother was a true victim of religious oppression and now that she is no longer with us, may she rest in peace. Now I assure my full rights to express exactly how I feel towards the insanities of the Vatican.

My religious upbringing made me bitter, angry and I no longer trust the catholic church or any other kind of fundamentalist religions. This has opened my eyes to the truth behind the behavior of the religious fundamentalists. They will do their best to convince you that they are a man of God and work for Jesus. The reality is that they lost control of their own lives; because of the abuses they endured as children when raised under religious oppressions. To hide their destructive pains of the past, they abuse their addictive urge to control others with the use of force and power. This gives them a psychological feeling that they finally have control in their lives. It's sad they succeed to control others while still having none over their private lives. This is how so many televangelists got tangled in too many scandals, knocking many of them off the air. Placing themselves above an excessively high self righteous pedestal, even themselves are unable to practice what they preach.

The one thing that I do not understand is, how can a nation like the United States, prides itself to be the world's role model for democracy, human rights and freedoms allows religious fundamentalists fascism to corrupt it's own citizens, into becoming intolerant bigots. The American third right religious fundamentalists systems are absolutely non democratic, and identical to the communist totalitarian fascism. Their policies repel the freedom of speech isolating themselves from constructive criticism, Furthermore they use their destructive dysfunctional systems to infect American families with hate, intolerance and bigotry, rendering them dysfunctional. Now you have a self destructive nation that has a democratic government, with a totalitarian fascist non democratic religious and family systems. To end this potential self destruction, democracy with human rights and the freedom of speech must be implemented in all religious and family systems.

The bible is by far the most misunderstood and abused book in the world. It's used as a totalitarian weapon against minorities; pitting diverse religions at each other's throat, resulting in wars. This is how a book

intended to give hope, love and spirituality ends up doing the opposite by spreading hate ignorance and injustices. Biblical scholars are now discovering why the bible is almost impossible to be understood.

First the bible suffers from layers upon layers of translations over the centuries. This raises many questions about its authenticity, the accuracy of all the scriptures and stories in the bible. When the bible recognizes an event or a saying from Jesus, does not mean that the translation is accurate or exact to the real truth in recalling past events. Imagine writing a book in your own language, then you need to have it translated into another tongue that you do not understand. Then how can you be sure that the translations are done true to your words? That is a chance you take each time that you have any kind of translation done. What would you do if you were to find out, that the translator you hired was a bigot, and took advantage of the job to incorporate intolerant views into your book, passing them on as your very own words? No offence intended against translators, I'm sure that the majority of them are highly reliable and most worthy of respect.

Through hundreds of translators, there is no doubt that some of them had strong prejudices and hate towards different groups of people. I can't think of a better opportunity for a translator to incorporate personal hate and intolerances into the bible with hope to pass them on as the words of Christ. This is what I call man made biblical pollution. Just like the environment, the bible must be cleaned out. First it has to be saved from the claws of intolerant religious fundamentalists. Next, biblical scholars should rewrite the bible, by first removing all intolerances against anyone on a personal level, along with all racial and sexual religious terms promoting hate and intolerance in today's society. There has been far too much hate, intolerance and contradictions that got included in the bible over the centuries. That is why several religions, clergies, cultures and entire nations fight, argue, use terror and go to war killing people all in the name of God. If Jesus was on earth today, he would certainly condemn the religious fundamentalists movements around the world.

Biblical scholars are now discovering that ninety percent of the bible is nothing but man made fiction stories and theologies, having no truth from Jesus.

Another five percent is most doubtful that Jesus had any contributions outside of a very small maybe. This leaves the remaining five percent of the entire bible as the true word of Christ. In my biblical studies, I found the book laced with so much contradictions, that the bible no longer makes any sense, or has any understandable logic for the average laymen to grasp it's true meanings. There is an old honest saying; that if you hate someone, it's impossible to pray for them, until you first learn to love them. When you pray, it is to wish God's blessings on someone. Jesus is unable to hate because he is the love for all of humanity. This proves beyond doubt that all the intolerances in the bible have been put there by men's very own ignorant bigotries.

Religious fundamentalists exploits only the intolerances that man wrote into the bible. To satisfy their own self centered egos, the fundamentalists ignore the true love of Christ; then abuses the bible to legitimize their discriminations, against those they perceive as immoral or sinners. They turn the bible into a vile satanic book of hateful condemnations causing anti-social conflicts, breaking down the family system, while encouraging injustices with the use of fear and the power

of oppression. In short, religious fundamentalists are one of; if not the largest perpetrators of antisocial ills. They are preoccupied in blaming everybody else for our social woes, instead of facing reality and put the blame where it really belongs; on themselves. Instead they want the entire world to think and act exactly in the one and only way they see fit for everyone to behave. They use every possible tactic, to advance their causes at the political level, with hope to rule the country and violate our basic human rights.

Canada is also in great danger. The reform party at the federal level, is operated under a highly religious fundamentalist platform, and has already proven itself to be most intolerant and uncompassionate towards minorities. To place the Canadian Charter Of Human Rights into the hands of the reform party; is just as foolhardy as to ask a well starved coyote to guard the chicken coop, leaving the door wide open, before leaving on a three week holiday. This deceptive fundamentalist party wants to use the power of the referendum on basic human rights issues. In other words, if a majority votes against granting rights to a particular minority group; means that this particular group

can no longer be covered under the Canadian Charter of Human Rights. This will set a most dangerous precedent, allowing any kind of larger group the ~~clout~~ to end basic rights on any other smaller minority group, and preventing them from ever having any chance to regain equal rights, just by being outvoted by the larger population. Without any exceptions, all laws of the Canadian Charter Of Human Rights And Freedoms must prevail above all governments, to prevent the above from happening; just like the law prevents the three hundred pound bully from beating the eighty pound weakling into a pulp. Under those terrible circumstances, your basic rights could easily be reduced to nothing. Religious fundamentalists abuse religion as a totalitarian weapon against their families rendering them dysfunctional. That's one of the major reasons why their behaviors, are an absolute disgrace to religion and humanity around the world.

The only education the religious fundamentalists would like you to have, is their false theologies they love to shove down our throat, while maintaining control of our private life with fascist doctrines. Furthermore,

they want you to remain ignorant and uneducated on everything outside their teachings. It makes it easier for them to rule you and all of us by the nose, like a dog on a leash. They fear scientific knowledge and new discoveries because it challenges their long held beliefs and often forces the fundamentalists to correct their past intolerances. The understanding of humanity will loosen the fundamentalist's choking grip, allowing all of us towards love and compassion. They find that the loss of power over others most threatenning, especially when they see their theologies crumbling into dust, as knowledge defeats ignorance. A prime example of this is when Galileo invented the telescope. He was the very first person in the whole world who discovered, that the earth was not the centre of the universe. He claimed that the earth was a planet that revolve around the sun. He also aknowledged that the stars are just like the sun, but much further away from earth. When the Vatican discovered that their firm belief that the earth was the centre of the universe was threatened, they wasted no time in sending troupes of killer goons against Galileo. Our Italian genius had to go in exile from his homeland. He finally resided in

Holland where he manufactured his telescope and continued his research on astronomy. Thanks to Galileo who built the foundation for our space research. Now, can you see the vile selfish greed on the part of the Vatican? After trying attempted murder, just to maintain fascist control over the world while stifling great knowledge.

This clearly illustrates the destructive powers of the Vatican, by refusing to cooperate with the scientific community. Even today they refuse to increase their understanding of humanity, by insisting that they are infallible while all the rest of us are always in the wrong. For as long the Vatican along with other religious fundamentalists continue their lack of respect towards all of us, they most certainly do not deserve any kind of support, until they change their destructive attitudes. I realize that there are many clergymen and christians who are open minded and don't believe in their fundamentalist leaders. Those are the real true good christians who practice the real love of Christ without hate or any kind of judgement towards those who are different, while believing in unconditional love. Again the blame belongs to the fundamentalist evil leaders.

Another potential danger from religious fundamentalists is now taking place in the United States of America. At present, fundamentalists are creating a social environment similar to that of the early to middle 1800's, that led America into its civil war. The war was fought over the issue of ending slavery, in order to restore equal rights for blacks in parity with all other american citizens.

The federal republican party is now forming strong alliances with right wing christian fundamentalist churches, who are most notorious in totalitarian fascist control over those they do not tolerate. Many white supremacists groups and other organizations of hate are allies among themselves, and also support the republican party and the fundamentalist churches. Their main goal is to conquer America by destroying the first amendment of their constitution. This will allow them to rescind blacks, women, gays, transexuals, jews, natives, the disabled and all other minorities of their basic rights.

As it now stands, all of America is being polarized with hot tempers on both sides of the human rights issues.

There are fascists who wish to end human rights, and others who want to protect them. Very few Americans realize how close they really are, to having a second bloody civil war as this situation becomes ever more volatile on a daily basis. I hope that american citizens will see and realize this potential danger. Only cool rational minds can develop proper strategies, to remove the power of control, out of the hands of bigots and all religious fundamentalists. That's the only way to save human rights for all Americans.

On the world scene, the greed for wealth and the lust for world domination, of the fanatic religious fundamentalists is relentless, in all the countries on earth. The recent series of bomb attacks in many nations, indicates that fanatic religious fundamentalists, mean business in conquering the world. They would like to start where Hitler left off when defeated. A fanatic is someone whose mind has been ravished into insanity by fundamentalist religious doctrines. Irrationally insane without compassion or respect for human life; a fanatic easily becomes a suicide jockey; capable of carrying out explosive missions at hms own peril, for his vile fundamentalist religious leaders. They are every bit as

dangerous as the Nazis of World War two. This is a stern warning for the whole world to take quick action, to crush fundamentalist religions to remove their powers, before they force all of humanity into a third nuclear world war.

In order for a family to be functional, all of its needs must be met. The most important of all those needs, is to be accepted for who you are. This includes your sex, sexual orientation, physical traits and the respect with the freedom to express yourself without fear of being punished.

In a fundamentalist family, abuses are the one and only rule. First you lose your basic rights and are forbidden to think for yourself, while forced into blind obedience to a totalitarian religious regime. Any attempt to be who you are; or to challenge the scriptures, can easily result in verbal emotional abuses followed by vicious physical beatings to keep you in the so called straight and narrow. When you're not accepted for who you are, then molded into what you're not through abusive forces, will make life intolerable at home. No wonder so many children and teenagers from strict upbringing, find the pressure of

having to measure up to what **their not so demoralizing** and harsh, that they leave home to take there chances on the streets. Religious fundamentalists do not want to use their intelligence to differentiate between bad behavior and the bad child.

First let's get one thing straight; there is no such thing as a bad child. It's the behavior that has gone bad and not the child. How many times were you told as children that you **were bad? Not doing things right?** That you'll amount to nothing with your life? That you must be just like "someone else that you're not" to succeed? So and so on? Sounds too familiar? This is because too many families use far too much of those vicious abusive personal destructive attacks against their children. Every child must be loved and allowed to be themselves, without the destructive shame of emotional abuses. I wish more people would learn this reality. When you tell a child that he or she is bad; it learns quickly to take it personally. This will in a very short time bankrupt your children's self respect, confidence and develop an inferiority complex, as they begin to say "I'm bad, mama and daddy say so." This kind of abuse will boost your child into a harsh life of shame, anger, pain with more abuses rendering them

dysfunctional. Without the chance to learn better ways, they will grow into adults repeating the same mistakes on their very own children. Now you have the next generation of dysfunctional families ready to do the same thing all over again. That is why this cycle must be broken through education. The next time your children misbehave, show them that there still good children, and that it is the behaviors that's gone bad and in need of changing. Focus your child's attention to the fact that there are such things as bad and good behaviors. Show them the difference between them. Be patient and learn to forgive them when they make mistakes. Encourage them to choose good behaviors without abusing them with insults. You will have far better results using tenderness instead of brute force. This will maintain mutual love and respect between parents and children. Patience and understanding are needed in raising children.

Now we can see why the family must be rescued from the destructive ways of the religious fundamentalists. They always try their best promoting their hypocritical abusive condemnations everywhere they can in our society, raising nothing but pure hell. This is how they increase violence

in our streets, by pitting groups of people with opposite views against each other, over diverse controversial issues. Those protests motivate tempers and emotions to rise beyond the boiling point, where the police are always required on standby, just in case battle royale breaks out. Such public tension promotes distrust anger and fear. That's why people will carry guns, knives and other types of concealed weapons for protection and self defence. This is another source contributing more weapons and violence in our streets. If we are truly sincere in the reduction of violence in our society, we must as individuals and in groups, tackle the problem dead on, it's many sources, and one of them is, to tell the religious fundamentalists quite bluntly to shut up, mind their own business, and to keep all their hate, uncompassionate selfish ways and lack of respect towards others to themselves. They also better clean the skeletons out of their own closets and stop prejudging others with their condemnations if they want to save their souls. I wish more people would enjoy life and let others do the same. Those efforts will greatly create a more gentle, safer society for all of us to live in and enjoy.

Religious fundamentalists are no different from the white supremacists, the third right politicians and fascist Nazis. They love to exploit the poor, especially the illiterate. There are plenty of examples of this kind of abuse in the African and South American countries. Those countries have a large uneducated population, that makes it easier for the fundamentalists and other intolerant fascists to inflict their rule over those people, while taking control over their countries. With little or no education, no one can possibly acquire much needed skills in developing resources, to seek help in confronting the aggressors at the intellectual or at the physical levels. In countries where education is well established, it is far more difficult for the fundamentalists and the intolerant fascist to get their ways, because the intellects are able to offer great opposition to their demands. Fortunately even the poor and the illiterate societies are now seeking help to educate themselves, in order to be able to oppose nasty aggressors and take control of their lives. At any given time in our lives, no one can afford to be apathetic against hate, intolerance and bigotry.

Conditional love is when someone demands that their dictative rules must be met, before returning love and respect. In other words, conditional love is a form of emotional, social and spiritual prostitution.

In sexual prostitution, a client usually give money to obtain sexual gratification. In conditional love one must sacrifice his or her own basic rights, freedoms and true-self, conforming to the dictator's demands to avoid rejection. Blind obedience is the currency that satisfies the dictator's demands.

This is when the client becomes the victim paying a high price by denying his or her needs, honest feelings, losing self-esteem and respect, leading to abuse and violence. When a dictator prioritize their narrow-minded convictions above mankind; they reduce humanity below their selfishness, and as they demand the rules to be followed to the letter, they degrade love into a sellable commodity. That is how religious fundamentalism, white supremacism, political social dictators, including excessively strict parents and guardians becomes emotional, social and spiritual prostitutes when they demand blind-obedience to their intolerant convictions.

The only cure for this antisocial disease is unconditional love. Unconditional love is to place humanity above all-else. It is to accept other people as they truly are without strings attached. To treat others as you wish to be treated, and that includes equal rights for everyone. Please just try it; you can't lose on it.

To all religious fundamentalists who slander Jesus Christ as a bigot, by promoting hate and intolerance against any minorities, you are working for the devil and not for God. Education is the first most important weapon against all ignorant bigotries from within and towards others. In order to achieve the goal of educating others, we must first learn to educate ourself. First we must open our minds and listen to others, with the full commitment to understand different views outside our own. Self questioning is a lost art, and a most difficult challenge for anyone to undertake. It allows ourself to discover our own good or wrong behaviors using self constructive criticism. If we realize that our intolerant behaviors results in emotional or physical stress or pain towards us and others; is a sure indication that our attitudes and actions are in great need of correction. Since no one is perfect, it's perfectly normal for an internal alarm to focus us on our wrongs. However as individuals we are still all responsible to correct our wrong behaviors after discovering them. Religious fundamentalists, racists and bigots are notorious for their destructive intolerant ways against society. They are the ones who are in the greatest need of self evaluation to take on corrective measures. Nobody is perfect, that is

part of being human. We all have our basic rights to make mistakes, after all everybody else in the whole world does. Making errors is part of growing up with the challenges to correct them within the best of our ability. When we correct our misdeeds, we help to improve all of mankind. Furthermore you will gain self respect with the courage to fight against hate and bigotry.

In the next chapters we will deal with racism hate and intolerance. What are its causes? How can we handle the fear and intimidations from bigots? What can we do to protect ourselves? Finally how can we get rid of those antisocial cancers?

CHAPTER 6

RACISM

Racism is by far men's ultimate worst of all his behaviors. The main source of racism, come from the dysfunctional family system, the third right, religious fundamentalists and other hate groups. Apathy within the general public plays a major role in allowing the rise of racist groups and still is today. Racism is by far a most unnatural behavior and is not genetically inherited. It's a malicious behavior taught to one another from generation to generation. It's against all laws of nature, and men is the only life form on earth practising it. It is also a highly destructive negative emotional force leading humanity into self extinction. This shows that all of us as individuals or in groups, have our responsibilities to rid mankind of this vile satanic practice.

Here are some of the mechanics behind racism. The first rule is; men always fear the unknown. Ignorance creates fear of the unknown, building internal resentment for not facing up to one's own lack of knowledge, resulting in bitter anger against minorities. This is the result when someone fails to deal constructively with their own suppressed feelings, and act them out against others they don't understand. The feelings that I'm referring to, are for all of us including you, to face the violations done against you; the denial to be yourself, to seek information anywhere you choose, to freely voice your opinions, to be with whoever you like or love regardless of race, religion or language etc. Forced into a single narrow minded view of life; under a totalitarian regime, causes many other destructive feelings leading to more dysfunctional behaviors. Any kind of love that bonds two persons together is always better than no love at all, and is no doubt truly far more superior than hate. Everyone should be allowed to be oneself and loved for who we are.

There are several ways as to how someone remains misguided towards others. Some of the reasons comes from totalitarian political, religious and other hateful

regimes, who preaches a single narrow minded view as the one and only valid fact about minorities, regardless how wrong they may be. Punishment is also another abusive force used against those who seeks a different opinion outside the ruling regime. Worse of all, are those vile demoniac racist parents who corrupt young minds, by teaching children how to hate, using the power of fear, intimidation and shame. Excessive physical beatings and emotional abuses are the tools of their trade. Children are always innocent, and without hate they are blind to skin colours. Without any exceptions every single human being in the whole world is born with absolutely no hate, prejudices or the desire to kill other people. It's the intolerant bigoted adults that teaches children how to become killers of our own kind. It's about time that as adults we start taking lessons of tolerance from our children. When a first encounter with a group turns out to be less favorable, it may result in resentment against that particular group. The reason for this is because men have an notorious habit to condemn an entire group of people over the misbehavior of only one of its members. In other words, painting everyone with the same brush. I hope that you realize the bigot needs to learn about minorities and that the oppressed needs to teach them.

The general public provide ample opportunities to be exploited by political third right, fundamentalists and hate organizations. Apathy with lack of self confidence to be responsible in resolving our own problems is the main reason. Instead too many people search for the quick easy fix, by unloading their problems on someone else who claims to have all the answers. This is cruising for a lot of trouble by providing such an inviting opportunity for dictators to take full advantage, against all of us. When unemployment is high, immigrants are often accused of stealing jobs and minorities are also blamed for our economic woes. This is the attitude on part of the public that gives rise to racist supremacists when world economies falter. The real truth is thanks to our immigrants with their skills, talents and highly dedicated entrepreneurs who often open up more industries creating more jobs. We have a lot to learn from hard working people from other countries.

Another source of bigots is provided from the public through the dysfunctional family system. When someone is damaged by being brainwashed into insanity, while forced to embrace hate and intolerances, will become dysfunctional and abusive as he or she develops the same habits of their

abusers. In most cases, the victim will hide the pains of his or her childhood by developing destructive addictions of having the lust to use the power of control over others and the greed for wealth. Those two addictions to apply fascist rule and having an unending greed for wealth and riches, are the strongest addictions of racists and dictators. Those habits come from being totally disempowered during childhood and left feeling powerless. This will give a false perception of the only way into adulthood, is to learn how to become a ruler or to simply surrender yourself into submission. This causes one to lose control of their life. People will tackle this problem in one of those two ways. Feeling powerless some will surrender to submission, develop an inferior complex, and follow the rule of any dictator who chooses to exploit them. Just like an animal they adopted a long life habit of being ruled for the rest of their existence, without ever fighting back to claim their basic human rights. Get with it; and don't let yourself be ruled by any kind of dictators. Others under the same situation will confront their feelings of powerlessness by becoming aggressive bullies, having no compassion or respect for anyone, they will use every tactic possible to become ruling fascists. Those behaviors quickly make a crude

uncompassionate self centered and cruel individual out of a person. Those are the people who have no control over their own lives, and resort into forceful ruling of the masses, in order to gain a false feeling that they are in control. This is the addiction used to hide their pains of the past, in order not to face the fact that they still have no control over their own lives. They provide the source of religious fundamentalists leaders, third right radicals and also partake in establishing and supporting supremacist hate organizations. I hope that you can see that we are all responsible to take control of our own lives, in order not to fall pray to an intolerant bigot or dictator. Don't be ashamed to seek help from good people who are ready, willing and able to guide you into recovery, so that you may be able to take control of your life, fighting against hate.

Now it's time to understand how religious fundamentalists, third right political forces and institutions of hate spread their vile repugnant theologies of hate and intolerances. They use cunning cult-like tactics to lure new members. Even though the methods used may vary from one hate group to another, they all have one thing in

common; they are all deceptive liars exploiting brainwashing and mind control over their victims. There are several methods to convey their antisocial perverted views against minorities, and their sick distorted perceptions of life. Being ignorants they refuse to properly educate themselves about minorities, that makes up the fabric of humanity. As a result they remain frozen back in time full of hate and intolerance, trying their best to force all of humanity to stagnate in medieval ages of the past. The best way to understand this issue, is to recognize hate, intolerance, bigotry and fascism as forms of antisocial cancers. The perpetrators of those antisocial cancers like the religious fundamentalists, the Ku Klux Klan, Nazis, the Heritage Front, third right political parties and all other institutions of hate as the antisocial malignant tumours. They spread their antisocial cancers slowly killing mankind by drowning humanity in a cesspool of hate and intolerance. From now on, all intolerant groups will be recognized as antisocial tumours in this book. Too many of us know the pain of losing someone we love because of bodily cancers without a cure available to save them. Keep in mind that the same is now happening to our modern society from an antisocial version of this disease. Unlike bodily cancers,

antisocial cancers are all curable. We will go into those cures later in this book.

Let's find out how antisocial cancers spread. First we must start at the source of the problem, the antisocial tumours like the white supremacists organizations. The first thing they do is to unleash their members to recruit new participants to expand their forces. Just as a malignant tumour unleashes cancer cells to further spread the disease in the host victim. The individuals who partake in spreading the destructive theologies of the white supremacists, are just like antisocial cancer cells. They infect another person with racist jokes and derogatory remarks against minorities, while studying facial responses. If the facial responses show favorable, an endless amount of deceptive tactics and bribes serve as a lure to become part of the gang. Shortly after, out comes the application forms and the hope to enroll new members. They also canvas neighbourhoods with flyers and application forms encouraging people to join their evil empires. Schools, malls, parks, streets and local pubs are often targeted to seek potential new members. With the use of

deceptive lies, they try to convince all of us the public, that their supremacist organizations are righteous out to fight crimes, to clean society of undesirables. If they are so good; then why do they hide behind hoods and masks, avoiding the fear to be recognized while burning crosses while chanting racial slurs? This kind of behavior is totally senseless and stupid. Facists and bigots are notorious liars, unworthy of trust and respect. To qualify as a new member you are initiated by having to commit a vile criminal act against another person. Once the recruiting tools are put away, two more are used to keep you in line with their policies. They are fear and intimidation. They will be used in full force against you if you disagree, or change your mind and quit their hate empires. Keep in mind that fear, hate, intimidation and abusive intolerance are the main causes of dysfunctional family systems. That is why I refer to all hate and intolerant groups as antisocial tumours. They are the greatest causes of dysfunctional families resulting in excessive violent crimes in today's society. It's way long overdue to put the blame of our antisocial ills right where it truly belongs; in the face of all antisocial tumours. They are the ones festering hate and intolerance destroying humanity like a cancer kills its victim.

Ask yourself this question, before you were born did you choose your race, hair, eye, skin colours, sexual orientation or any other physical traits? Of course not; it's totally impossible for anyone to have been able to do so. Since no one can choose how they are born, it makes no sense for anyone to be hated and denied their rights just because of who they are. Hate is a most cruel and unjust punishment to inflict on someone. It's just as ignorant and stupid as to accuse someone for something you know they did not do; and to still severely punish that person because of who they are through pure hate. When you hate a person or a group of people, you become full of anger.

When you're angry, you can't be happy. In true reality, it's impossible to find happiness in joining a hate group of intolerance. Again this is one more reason not to partake in antisocial tumour's activities. It's more clear than ever, to realize that hate, bigotry, fascism and all intolerances are absolutely stupid, ignorant, uncompassionate and the lowest degradation against all of humanity.

Furthermore all antisocial tumours are antiestablishment. The reason is because they want to be the one and only ruling establishment. That is why they detest the competition from the law, order and justice. The only law

that the antisocial tumours want, is their own laws called unjust fascism. Their main goal is to take over the world in order to rule humanity into despair, while plundering all the riches for themselves; forcing all of us into crushing poverty and abolishing all of our basic human rights. This is the wrong way for humanity to go. Again this is another reason for all of us to prohibit all antisocial tumours from spreading their antisocial cancers against the well being of all humanity.

CHAPTER 7

HATRED'S SOCIAL DESTRUCTIONS

Now we all know how hate and intolerance destroy an individual, and render the family system dysfunctional. Entire groups or races of people can also be rendered dysfunctional under the power of hate and intolerance. We are going to look at three of the most discriminated against populations in our society. The aboriginals, the gay community and the disabled. It's physically impossible to include every minority groups in the whole world by name in this book; with great apology I feel strongly that everybody deserves to be protected against hate and discrimination including each one of you. That is why I request that as

you read the following, to keep in mind that this includes Jews, blacks, women, children, the poor, east Indians, Japanese along with all other unmentioned groups are included. All should be protected, and please don't feel left out because that includes you. First we must keep one important reality in mind. There is no group or race of people who are superior over another. Unfortunately some people believe, through very false perceptions and selfish greed, that they are better than others. Therefore they take upon themselves to dominate others. The following will reveal how domination powered by hate and intolerance, can cause entire populations to become dysfunctional. Remember that all of the following facts can be verified and studied in greater detail, in books from your local public library.

Before the Europeans came to North America, the Aboriginal people lived in harmony with nature causing little damages to the environment. In general tribes got along reasonably well, outside of just the odd small conflict. However they never amounted to major wars and caused little damage. Life in general was quite peaceful in North America for thousands of years. It all came to an abrupt end when Europeans first came to America.

When North America was discovered, France and England were at war. In other words the French Catholics were in conflict with the English Protestants. Many historical books ignore those past events because of it's bloody ugly history. Both France and England wanted to claim the new land for their respective monarchies. To make a long story short, both countries brought their war to America.

The French under their own term of catholicizing the Hurons, managed to form an allied force against the English. The idea was to kill all the english people to claim America in the name of France. Meantime the English did the very same with the Iroquois. They had in mind to kill all the french people to claim America in the name of England. Both sides were unaware that they were using the same strategies against each other. When both sides engaged in battle, the Aborigines discovered that they got tricked into partaking in a war from across the sea. Many aboriginal families, friends and relatives found themselves pitted against each other, brothers killing brothers. This was one of the many abuses done against the Aborigines, resulting in open war between two tribes.

Can you now see how hate and intolerance mixed with greed can trick societies and nations into destruction? The worse was yet to come. The abuses against Aborigines were intensified beyond insanity by the European's religions. I don't know the tactics used by the English protestant to inflict their religion on the Aborigines. There is no doubt that they had their own empowering intimidations. If you want more information on this matter, refer to your local library. Having native blood in my veins, my ancestors dealt with the French Catholic side of this conflict. That's why I'm better informed and able to expose some of the horrors used by the Jesuits from the Vatican.

This is when the Vatican was the predatory wolf of prejudice, hate, intolerance, greed and fascism. They used condemnations, intimidations, the power of fear including murder against Aborigines. The very first thing the Catholic forces did, was to condemn the spiritual beliefs and rituals of the Aborigines. They passed laws to criminalize all important aspects of their lives. They were literally forced to destroy their totem poles, along with anything to do with rituals and culture. Their children

were forced into boot camp style schools to convert them into catholics. They were brainwashed to believe that their original culture was evil and had to be exterminated. The only way to salvation was to become catholics. They were demoralized by severe beating if they spoke in their native tongues instead of french. The catholic church encouraged marriages between French and Aborigines; with the hope to dilute the so called inferior race. This is blunt racism if it's done out of love, just to please the Vatican. I do not condemn a marriage done between any european and native couple providing it's done in true sincere love. Any Aborigines who offered to challenge or refused to comply at the catholic's demands, were murdered. Men, women and children were tied to trees and set ablaze, burning human beings alive. In those days the Catholics referred to this as burning the devil at the steak. Even though Aborigines are no longer burned alive, they endured over five hundred years of constant discrimination that still goes on today.

Let's compare the spirituality between the religious fundamentalists and the faith of the Aboriginal people. First of all the christian religious fundamentalists

believe, that only man has a soul or spirit, and that no other life outside of humanity has any kind of spirituality. This ignorant attitude of confining spirituality just within the boundaries of humanity, resulted in total disrespect towards nature. That's the attitude that led Europeans to exploit, pillage and destroy into extinction many plants and animals, while polluting most of the environment. Instead of sharing and learning with the Aborigines, the fundamentalists chose to condemn the Aborigine's way of worship. They accused them of idolatry, superstition and performing anti spiritual rituals. In true reality it's the fundamentalists christian's behaviors that proved themselves to be most satanic, antispiritual and ignorant with their ways of hate and intolerances. Such religions void of respect, understanding, care and compassion towards other cultures, deserve to be denounced as hypocrites. After all, this kind of behavior is in no way christian or spiritual.

In the other hand the Aborigine's spiritual beliefs extend far beyond humanity. In other words men, children, women, all plant and animal life in every species, including the earth and all extraterrestrial bodies have spirituality.

This is the healthy attitude that gave the Aborigines the respect towards nature. That's why Aborigines never abused or polluted the environment. They always made sure to replace what they took from nature, by thinking ahead at least seven generations into the future. Furthermore Aborigines hold true to their fundamental beliefs, by refusing to prejudge others and by respecting those who are different regardless of sex, sexual orientation, race, language, culture, colour, disability or whatever. This is the real true spirituality at it's very best. The Aborigines of the Americas deserve the outmost respect with dignity for protecting and reviving their spiritual rights. To all the Aborigines who return to the Elder's teachings, you are the only hope left for all of humanity. Furthermore all christian religions, the whole world and especially fundamentalists have a lot to learn from the Aboriginal's spirituality and way of life. It's time to stop and reflect on the destruction we have done against all Aboriginal nations, and restitution must be made in a justified world.

At the political and social levels, discrimination was just as cruel without mercy. The land was literally taken away from them, and they were shoved on reservations where they had little or no chance for employment. Poverty with lack of proper necessities for a decent life, was and in many cases still is a reality on reserves. This has left them with little or no political clout and they still have to struggle for basic rights. I hope that you can recognize the parallel destructions done to a single person and to an entire group of people when suppressed under hate and intolerance. Just as a single person, the Aborigines as a community in pain from years of injustices and abuses, resorted to alcoholism, drug abuse, violence and almost became mentally bankrupt. All those behaviors were in full use to kill the bitter pains inflicted on their nations. This is the worst kind of demoralization, that lead the way to suicides, and homicides are higher among the aboriginal people. In reality it is not the Aborigine's fault. The blame truly belongs on the European's shoulders, who first arrived in America.

Fortunately through mass media, the availability of literature, Aboriginals managed to educate themselves long enough, to seek help programs to find recovery. They are now rediscovering their original roots. Thank God that the Elders who teach the younger generations who managed to hold on to some of the old spirituality to revive old traditions. Even though some of the old ways are gone forever, there is always hope to rediscover a new healthy way of life and pride. They have achieved tremendous improvements in reducing alcoholism and drug abuse. Now I'm happy to say that murders and homicides are being reduced. They should be respected for work well done, to have come such a long way. They are very proud people who should have equal rights and the opportunity to fully thrive in today's world. They are good; non judgemental nor prejudiced. Their original languages has no swar words. It's the Europeans who taught them how to hate, curse and swear. It's time to turn our attitudes around and learn from the Aboriginals.

Here are some pointers that we can all learn from the Aboriginal's social and judicial systems. Did you know that before the Europeans took over the Americas, that there was no taxes, prisons, poverty, orphanages, street

gangs, illicit drug problems, the environmental pollution was minimal and the land was free. Most of all there was no such thing as hate, intolerance, racism and fascism, instead there was freedom, love and compassion.

At the social level the Aborigines had the answers in solving the problems of abortion and the plight of the orphan child. First of all the aboriginal communities lived in close knit **societies where sharing ruled their** lives. This has made survival much easier. Men as a rule hunted, **fished** and gathered food to support all the families. Meantime the women shared in every household chores, including the cooperative raising of all the children. Instead of a mother raising only her own children, she helped to raise those of all other women in the community, while all the other women helped to raise her own children. This communal upbringing assures that every child receives all the tender loving care, and that all their needs are met. If a mother for some reason does not want her baby, she still carries through with her pregnancy. When the child is born, all the other women and ladies takes on the responsibilities to care for the child. Abortions are not needed in this system. Furthermore if a child loses

his or her parents from an accident, illness or old age, its needs are assured in this communal setting. Even though it's a traumatic shock to lose your parents, at least the children can remain in a familiar environment among their friends and relatives, while receiving all the support needed to deal with the loss. This is a prime example of care and compassion.

Now compare this to the European's system that results in killings over the abortion issues. As far as the orphan children are concerned, no compassion is given. After the loss of their parents, usually the children are shared in separate foster homes, breaking families apart, further traumatizing all concerned. This is far too much for any child to go through. No offense intended towards foster homes. In a non perfect world, we hear plenty of horror stories from many establishments where too many children are emotionally, physically and sexually abused, especially in religious institutions. This illustrates how insane, cruel and uncompassionate our behaviors are in handling our children. We must find a better way, and the Aborigines have the answers.

Another area that we need help with, is in our judicial system. It's nothing but a hypocritical totalitarian farce without any respect towards the victim of crime. There's absolutely no provisions to compensate those who are victimized by violence, and no protection for those whose lives are under threat by freed known killers. The same judicial system provides endless protection for criminals, allowing them to spread violence. In true honesty our justice system should be renamed as the "injustice system." After all they fail to reduce crimes of violence, while society continues towards more pains and miseries just because we neglect to learn from those who are different from us.

In the Aboriginal's justice system, the offender is obligated to face his or her victim to find ways to make restitutions. The offender is given three chances to correct the wrong deeds. If he or she refuses to cooperate, the community forces the offender to permanently leave the community while losing its clanship. Usually after living alone for a while, the offender will join another clan or community, and must prove to be trustworthy before being accepted. Please pay extra attention here. Note that this

system of justice attacked only the foul behaviors as opposed to the person itself. We all stand to gain the very best in mankind if only we all learn the good ways of the Aborigines all over the Americas. There is more than enough proof indicating that our present justice, political and religious systems are failing us. This is the realities our hate and intolerances did against all of us. I hope that we all learn from our past mistakes, and look for the good in every culture.

This is not a matter of European bashing. Just like any other culture, the European cultures also has its great treasures to offer to the whole world. To lose any of them would impoverish each and everyone of us. Since no one is perfect, accounts as to why there is good and bad in every nations on earth. We must all change our attitudes, and focus our attention on encouraging the good in all of us to make a more compassionate world to live in.

Gays, lesbians, bisexuals and transexuals are people also victimized by hate and intolerance. An important note; most transexuals are not homosexuals or attracted towards the same sex. They are people who are born with their mind and soul in one sex and their body in the opposite sex.

Just like the Aborigines of the Americas, they still have to struggle for their basic rights around the world. They recieved the blunt end of religious, political and social abuses. In some countries gays, lesbians, bisexuals and transexuals are regularly executed by the religious or political powers in charge of that particular regime. Fortunately this is not the case in every country in the world. Only in very few countries do they enjoy equal status with heterosexuals. Among all other nations, their basic rights may vary from reasonable freedoms to all the way down to none at all.

Once the medical and the psychiatric profession with others thought they could change homosexuals into heterosexuals. They tried everything they could possibly imagine and failed completely. In recent years, homosexuality is no longer regarded as a physical or mental disease in North America. Now they quit this stupid idea of converting homosexuals into heterosexuals. Very few in the health profession still try this insane attempt, and, end up to be proven as quacks. The religious fundamentalists still have this pipe dream that it can be done, by embracing their God or Christ. Life just doesn't

work this way. First of all homosexuals are never converted; they simply act up the heterosexual role until his or her true nature regains power and returns them back to sanity. When this happens, most of them finds the true joy of being themselves by returning back into a gay life. This proves that religious fundamentalists are the most dysfunctional and uncompassionate ignorants, who refuse to believe that our creator made them this way, and loves them for who they are. A lot of new research into the D.N.A., indicates that homosexuality is a genetically inherited trait. The harsh religious condemnations they endured are similar to those suffered by the Aborigines around the world.

At the political and social levels discrimination was relentless. Unlike the Aborigines, they were never segregated on reservations. Hitler was the only dictator who rounded them up for execution with the Jews and others of whom he did not approve. Outside of that sexual minorities have suffered similar discrimination as did the aboriginal people. Those abuses also created a higher rate of suicide, homicide, alcohol and drug abuse in the gay community, paralleling aboriginal societies.

Now we should be able to recognize the destructive patterns caused by hate and intolerance against a group of people. The gay community just like the aboriginal nations, did seek self help programs to recover from the abuses, to be able to fight against intolerance. Being an invisible minority, homosexuals managed to survive in our society. They should have their rights. An important issue must be made clear for greater understanding.

Heterosexuals always had the full freedom to openly express their love and affections towards each other. It's been this way throughout North America and most of the world. Just take a good look at the middle east countries. Even heterosexuals are deprived of the right to show any kind of affection in public. This should help us to realize that the freedom to express your love to another, is a basic right not to be taken for granted. Not all, but many heterosexuals take this right for granted. This situation is aggravated when someone is raised in intolerance towards homosexuals and other minorities. The wrong perceptions is this; If you take something for granted all your life, you may no longer see it as a basic right. However when someone who had their rights denied

all along, and suddenly demands them, it may create the illusion that they are asking for special rights or privileges. At this point in time, you need to know the big difference between asking for special rights, compared to asking for equal rights. Special rights is when someone demands privileges above and beyond those of all others. Equal rights is to upgrade the rights of the oppressed to equal in same parity with those of everyone else. It's a very simple thing to understand.

An American soldier once said, "They honor me for killing a man, but punish me for loving one." That shows how low humanity will go honoring cold blooded murder instead of recognizing love. It's no wonder why this world of ours is festering with too much hate and intolerance causing violence. At any time I would rather see two people of the same sex showing affection towards each other, as opposed to see them in a battle trying to kill each other. In our society overly saturated with hate, intolerance and bigotry, gay love has to be much better than no love at all. Since homosexuals, lesbians, bisexuals and transsexuals along with all other sexual minorities pay taxes just as heterosexuals do; then it's

most justifiable for governments to grant equal status to the gay community and to all sexual minorities just as they do to heterosexuals. Any less would be the equivalent as to force you, me and everyone else to pay for unrendered services or terrible workmanship without any recourse for justice. How would you like to be treated with this kind of injustice? When we realize that there are millions of people around the world who suffer such cruelties, just because of who they are, means that we must take actions to force governments to correct their devious hate. Both homosexuals and all other sexual minorities along with the heterosexual population, should enjoy the full right to show their love and affections, to live under the same laws with equal protection against hate and intolerance. That's exactly what the gay community wants.

Not just the above suffers discrimination; drag queens, transvestites, hermaphrodites and many more just to name a few. Even those who are born with mental or physical difficulties resulting in sexual impairment, are also frowned upon. Everyone should be loved and accepted for who they are. Only pedophiles should remain institutionalized to keep our children safe, and never released until proven trustworthy.

The disabled and the handicapped also suffered their share of discrimination, especially the mentally challenged. Disabilities are the result of birth defects or they are inflicted from an unfortunate accident or illness. This can occur at the physical or mental levels and in some situations in both. Through ignorant fears of the unknown, society has shunned the disabled into institutions and oppression.

Many non fundamentalist religious groups, offered compassion and helped in the best way they could, towards the disabled. The religious fundamentalists had the opposite attitude. Those who suffered seizures from panic attacks, epilepsy, diabetes and other neurological disorders were accused of demonic possession. They tried to exorcise them always without success. Because of their uncontrolled behaviors in seizure attacks, they were burned alive alongside those accused of witchcraft. The religious fundamentalists of the medieval ages, practiced their tortures for several centuries. It wasn't until the medical and psychiatric profession evolve to the point of assuring the fundamentalists that those people were not possessed, but suffered from legitimate biological diseases.

At this moment in history, this caused the largest drop in the demonically possessed in our society. This did not end discrimination against the mentally challenged. Many of them were institutionalized never to see freedom again. The conditions inside those old institutions in those old days, were just as bad as in penal colonies. Today our modern institutions are more compassionate. Now rehabilitation to return patients back to society is now the way to go.

Just like many other minorities, the disabled felt the wrath of pure intolerance from the political third right. Hitler of World War two believed that the physically disabled and the mentally challenged are genetically inferior. Hundreds of thousands of them were put to death by lethal injections, from medical doctors who collaborated in Hitler's campaign of genetic cleansing. It's a real shame that those facts are never or rarely mentioned in world war two documents. In reality the physically and the mentally challenged are the most vulnerable people in our society. It's up to all of us to make sure that their special needs are met, to help them live in self sufficiency and to protect their basic rights. All around the world

the rights of the disabled may vary widely from equal rights down to none at all depending on the country. In third world countries, or in nations governed by religious fundamentalists and third right dictators, the disabled have no rights or resources and are left to fend for themselves. In the developing nations, social support systems are in place, offering pensions along with other needed services. No matter how well intended, inflation erodes the purchasing power of low fixed incomes, and reduces the availability of other needed services as they also cost more. In hard economic times and government cutbacks, the disabled are forced into a most difficult financial position. Governments are notorious in cutting funds for the disabled as opposed to reduce their perks at the top of the financial ladder. To a lot of people this may appear as a form of discrimination against those who need the most help. In a way it is, when the well-to-do takes from the poorest in our society, instead of taking the cutbacks themselves who can afford it in better financial standings. The real answer is to make the work place more user friendly and accessible to the handicapped. Laws should be implemented to guarantee equal opportunity to acquire a job on skills, qualifications and the ability to do the work. In reality

the disabled would rather work instead of relying on a low fixed pension. It would give them more pride, a higher quality of life and a sense of responsibility. That's exactly what they want.

Even today there is still too much misunderstanding and prejudice against the physically and mentally challenged. It's up to the disabled and their organizations to provide educational materials for the public. We are all responsible to educate ourselves about the disabled. Schools, colleges and universities should add to their social science and curriculums educational materials to teach their pupils all about the disabled. Again this is another good example to show that the power of education is the ultimate weapon against ignorance, to defeat fear and replace it with understanding.

Now let's compare notes between those three groups in our society. This will help us to sharpen our focus in understanding how hate and intolerance destroys those exposed to it. Remember that the following applies to all of the oppressed in our society.

First none of those groups we reviewed are properly understood by the average person on the streets. They're feared because of lack of understanding or ignorance about them. Fear of the unknown is a most intimidating feeling. It causes internal frustrations from refusing to admit one's own weakness, of not knowing anything about someone else different from oneself. This internal self denial will cause inner fears and frustrations to mature into a powerful mass of hate, anger and repulsion against the unknown. This can turn a bigoted person into a potential cannon of hateful violence, if unleashed against an individual or group of innocent people. This is the most crucial moment when education is most important, to defuse hate and ignorance with good knowledge before intolerance and violence take more victims. Those are the inner feelings that antisocial tumours like the religious fundamentalists, the white supremacists and other hate groups love to exploit in all of us. They do this just to satisfy their selfish lust for power and greed, no matter how it destroys humanity. I hope this will help you to understand why it's most important to fight in any way we can against antisocial tumours of hate and intolerance.

Another common factor affecting those three groups along with many others, is poor financial status and little political clout. They are often refused employment or denied rental accommodations. Also they are often rejected by fundamentalist religions and the door is often slammed in their faces by other social institutions. Those same groups along with many others, suffer from a higher rate of personal dysfunctionality resulting in alcohol and drug addictions with other self abuses. Those are the behaviors used to cover up or numb out the pains of being demoralized and the rejection inflicted against them, just because they are different. Because of those abuses, entire groups of people are collectively engaged in self help recovery programs, just like a single person seeks recovery from abuses. Now they are all making tremendous progress in recovery, to be able to join in the battle for their rights.

Religious fundamentalists, white supremacists, dictators and bigots want to conform all of humanity into insanity. The insanity to think, act, and to become just as they are, paralyzing creativity and individuality.

This makes just as much sense as asking every flower in the whole world, regardless of its species to all turn into the same colour. To ask all species of birds in the whole world to sing the same chirpy song. To have all the food we eat regardless if it is from animal or vegetation sources, to acquire the same taste. That's plain nonsense and foolish this kind of sick mentality. This is why we must fight for our basic rights. As individuals we must celebrate the fact that we are all created different from each other. Each one of us is a true treasure of humanity. There is good in all of us. We all have to stop our prejudices from preventing us to seek the goodness in each other. If we all work together in recognizing the good in humanity, all the oppressed minorities will unite stronger to form a majority with the clout to inherit our basic rights.

To the apathetic or the indifferent Aboriginal, Jew, homosexual, black or any other oppressed person who refuses to partake in the battle against hate and intolerance; you are complete allies of all antisocial tumours spreading bigotries. In short, you are traitors against your own kind, and all others under oppression. If you have

any respect, get off your butt and join the battle against bigotry. Basic rights are never given to you, they must be earned. Once earned, the battle still must go on to protect them. Stand tall and be proud of who you are, be brave with the full determination to be yourself. It's worth it. I would like to give you something to really think about. It is not all of our differences within humanity that causes the problem; it's the narrow-minded hateful bigots, who wish to conform everyone in their own image, destroying humanity into uniformed insanity. That is the problem.

The destruction of spontaneity, creativity, imagination and self esteem under blind obedience to a fascist dictator, occurs exactly as follows. First we must realize that the fascist dictator is an expert in using lies, deception, intimidation and destructive shame against all of us. Those are the satanic tools of hate used to conform all of us within their constrictive convictions. Such fascist totalitarian rule freezes the oppressed society in time, encapsulating all of us inside a cocoon of condemnation, fear and violence, where time itself stands still. Confined under such a

restrictive dictative rule, the victims of oppression stand no chance to educate themselves about the outside world, or their feelings and emotions from within because their minds are brainwashed into insanity by being robbed of their spirituality and freedoms. Being deprived of who they are, they become total strangers to the outside world and towards themselves. Fearing the unknown, men can suffer grave damages when exposed to excessive abuses for a long period of time. Total fear of the world outside their ruling regime, and the loss of trust towards their inner feelings, emotions and underestimating their true capabilities, is the result of being oppressed. This is the demoralization that creates the destructive shame that binds, when one's spirituality is broken and self-esteem is crushed. This gives the fascist dictator the power needed to keep all of us under an iron fist, while we all pay with our lives in total despair. Those are the worst insane cruelties that destroy humanity at the spiritual, social and physical levels. That's why I refer to the bigoted religious fundamentalists, the white supremacists and all other organizations of hate as malignant antisocial tumours spreading their antisocial cancers of hate, intolerance and bigotry.

A good example of this is when the fascist communist empire collapsed when the Berlin wall crumbled. This has revealed the ugly truth of uniformed insanities from hateful oppression. For over seventy years, everybody had to wear the same style of gray clothing, eat the same few varieties of available food, usually not in the best quality. For fifty years, they drove the same car model. The only thing different from one car to the next, was the serial number on it. Only the elite in good standing with the communist party could order a car from the western nations. Sometimes even that took up to a year or more to get such a car. In electronics, the average citizen in the communist nations was still in the old vacuum tube technology. Again if you were one of the communist elite you were allowed to have a transistor radio. Transistors and the silicon chips were regarded as top military materials, not allowable to the public for general use.

Worst of all, for over seventy years communist fascism prohibited all its citizens from their basic rights to use their creative imaginations, or any of their skills and talents they have. This has frozen several nations of over a billion people back into time, struggling

in primitive technologies of the early twentieth century. This has prevented them from progressing in education, or medical and scientific technologies. I often wonder as to what kind of scientific progress or medical breakthrough those people could have made, if only they would have been allowed to create, invent and contribute knowledge to all the world. Millions of those people who had the skills to improve humanity simply died of old age, unable to fulfill their dreams because of their dictative fascist leaders. I feel most profound sadness upon realizing the immeasurable loss against all of humanity, because it is now impossible to retrieve or recuperate any of those forever lost human resources. I hope that you are realizing all of, the destructive impact of hate, when it motivates fascist leaders to suppress its people, by preventing creativity while impoverishing the entire world affecting each one of us. Most frightening of all is to realize that religious fundamentalists, white supremacists dictators failed to have learned from the communist experience. Instead they insist on repeating the same insanities, just to satisfy their selfish addictions of controlling others. This alone should prove that no single person in the world is perfect, therefore it's impossible for humanity to be

able to create a perfect infallible institution at the religious, political or social levels. Upon knowing this; if any religious fundamentalist, third right political party, white supremacists or any other bigoted antisocial tumour group tries to convince any of us that they have all the answers to all of our social and moral woes, just tell them to go to hell and to quit lying through their teeth. No one has all the answers. That is why those fascist people of hate are super dangerous, and everything must be done to disempower them in order to end their evil ways against all of us.

When we stop and think about hate and violence, we quickly realize that it takes no intelligence or any creativity with no respect to inflict grief against others. This is the fastest way for anyone to lose their dignity and self respect by partaking in spreading hate against innocent people. The reason for this is because that no one needs a mind of his own to follow the commands of a dictator. This is when we all lose it each time we prejudge others. The best way to avoid prejudging others is to keep a cool head, use logic with common sense and lots of compassion. We will feel a lot better for it.

Let's add up all of the following misdeeds and see exactly what we get out of the grand total.

1. ignorance
 2. phobia
 3. unimaginative
 4. uncompassionate
 5. hate
 6. condemnation
 7. violence
 8. abuse
 9. pain
 10. grief
 11. despair
 - plus 12. death
-

equals

The destruction of humanity.

It's not surprising that when we added it all up from one to twelve, that it totals up to less than nothing. In fact the destruction of humanity is less than absolutely nothing. When you become an avid member of any antisocial tumour group, you become festured with the antisocial cancers of hate, intolerance and bigotry. This will

quickly turn you into an antisocial cancerous cell, lowering your life to the lowest possible degradation. Joining a group of hate and intolerance will reduce anyone's life down to less than nothing because this is when one destroys the goodness in all of mankind. That is exactly whay bigoted religious fundamentalists, white supremacists, third right politicians along with all other hate groups, are worth less than nothing. That's why the best weapon against people who promote hate, is to keep imagination, creativity, spontanaety, individuality with an open mind alive. Keeping those good healthy qualities alive will nurture and create more imagination. Now the healing cycle is complete and must never be broken by fascist bigots. To protect this healing cycle, all of us who suffers discrimination and injustices must unite; lay fears aside, and find the courage to be ourselves without ever allowing anyone to prevent us from reaching our goals.

CHAPTER 8

MY OWN CLOSET

I'm the first one to preach others about cleaning the skeletons out of the closet. Now I will tell you how I got to clean mine. Even though I was born severely visually impaired, I was lucky to be able to see enough to attend regular schooling. However I had to work extra hard to compete with my fully sighted classmates. I had my heart set in a career in electronics. I eventually reached my goal in 1968. After graduation, I landed a couple of part time jobs just for the sake of gaining experience. My third job anchored me on permanent staff, wiring power supplies and computer selection modules. It gave me a sense of security. I really liked my job, and planned to establish my future at the plant. Unfortunately because of

world competition my working career lasted only two years. It felt like my whole world fell apart. Our Japanese friends came out with a more compact and less expensive model, forcing us out of the market.

Instead of using my head, I started to blame the Japanese people for being cruel in making me lose my job. This bitter self pity from within, snowballed into a putrid hate against Japanese people, corrupting my mind into vile intolerance. I'm not proud of those dark days of pure hell. Just around that time there was an antigay rights movement spearheaded by a lady known to advertise for an orange juice company in the United States. I found her so ignorant and most uncompassionate towards minorities. I referred to her as a neo-fascist bitch. She also made me aware of racism, hate groups and the stinge of intolerance from religious fundamentalists. The more I saw those groups of hate and intolerance, the more the anger and the rage build up inside me. I felt inflicted with every possible miseries the world could dump on me. It got so bad, that eventually I lost all my friends, and only one of them remained with me. I still don't know how she stood by me through it all. That was twenty five years ago, and

proud that we are **still** great companions. If it wasn't of her, I would have lost it long ago. Thank you Robin.

One night I was lying on my bed when suddenly, the truth flew in my face. It hit me like a sledge hammer over the head. What I hated was my very own reflection in the antigay lady and hate groups. This was the most frightening awakening I ever had in my life. I was shocked to realize that I stooped down to the lowest possible degradation of humanity of hate and intolerance. At this point in time, I was left with an overwhelming feeling of shame. I had to spend several days reflecting on my feelings and attitudes towards others and myself. To my own amazement, I discovered that there are two different kinds of shames. There is the constructive and also the destructive shame. Even though that sounds contrary, there is a lot of differences between the two.

Constructive shame is when I recognized that I made a terrible mistake because of my very own fault, and realizing that I'm the only person empowered by my own will to take on corrective actions. I found the experience most

unpleasing and humiliating. However it gave me the incentive to change my attitudes, so that I could correct my actions, eliminating those unpleasant feelings from within myself. Constructive shame is a great alert from within, that renders an individual aware of his or her misdeeds and errors empowering corrective actions to make things right.

Destructive shame is totally different. Destructive shame comes when you are being blamed by someone else, for something you didn't do or have no control over, while forced to take unjust and excessive punishment because of who you are. The pains and anger from destructive shame never comes from within one's self, because there always inflicted against you from outside by another person. Destructive shame is one of the most important tools used by religious fundamentalists, white supremacists, bigots and fascists. They love to put the guilt trip on all of us. They know the powers of destructive shame that can easily demoralize one's spiritual well being, while crushing pride and all incentives. This is how dictators gain control over victims, forcing them under submission and despair without hope for escape. This is the reason

why destructive shame is often referred to as the shame that binds. Destructive shame will freeze anyone of us back in time, preventing all of us from ever progressing forward, until we face it head on to confront its negative forces.

The best way out of destructive shame is to discover who you really are, and to be proud of yourself. This will give you the courage to refuse taking on other people's shame, especially from intolerant bigots. Be aggressive in telling the religious fundamentalists, white supremacists, bigots and fascists to shove their destructive shame that binds up their behinds, sit on it and to keep it all to themselves. Absolutely nobody has to accept another's destructive shame. After realizing this, I was left with two options. The first was to ignore my feelings, bottle it up inside myself and stagnate in my own private hell. The other was to face humiliation in admitting that I had done wrong, and to correct my foul behavior. I kept a cool head and asked my higher power from God to give me the strength to solve my problem. Once I admitted my errors, I worked hard until I finally succeeded in changing my attitudes. Once I rid my mind of hate, I replaced those empty spots with good healthy positive thoughts and wishes

in my head; just like you change the program in a computer. It opened my eyes to the rich culture and contributions the Japanese offers to the world. The Japanese are a precious treasure to humanity. I truly apologize to all those that I have offended. I regard this experience as a good lesson well learned never to be forgotten.

With a clear mind and a healthy attitude, the rewards of peace within myself were most pleasant and very gratifying. It felt like I broke the shackles of hate to allow my soul to soar into the light of love and understanding. It's a feeling way beyond descriptions, and the only way to know it is through experience, only if you give yourself the opportunity to do so. This is the greatest liberation, that you and everyone can do for ourselves. I would like to see more people share in the ultimate peak of joy.

Please remember that the following applies to each one of us. To eliminate hate within yourself, use your own style or methods to achieve your goal, as you go through the experience of recovery. It is not an easy thing to do, but it's well worth the efforts. Please don't be ashamed,

nobody is perfect, that comes with the territory of being human. All anyone can do, is to give it your best shot. If you first fail, keep up your spirit and try again. Eventually you will make it and enjoy the ultimate rewards. Once you achieve this goal within yourself, you will be better equipped to help others to fight hate and intolerances. As you now realize, I've been down that road before, and found my way back to sanity. This has given me a true realistic perception that when you hate, you can't love, and it's impossible to find happiness or joy. The real truth is that religious fundamentalists, third right politicians, white supremacists, Nazis and individual bigots are the most miserable destructive forces against the entire human race. It's time to shrink those antisocial tumours so that we can free humanity from the antisocial cancers of hate and intolerance. By liberating ourselves one at the time, can we ever hope to rescue the entire human species from assured destruction. If you find this to be a worthy cause, don't hesitate to participate, you are always welcome. However I have a tip that might be of some help to get you started.

Do you recall as a child to be told that you had to be; just like mom, dad, a teacher, a preacher, an uncle or like someone else that you were not? Your very own feelings never mattered, and you were never allowed to be yourself, for who you really are. In other words, you were taught to act like another person to follow as role model. This is done by parents who refuse to accept children for who they are, wishing them to become what they are not. It's one of the worst violation of human rights parents or caretakers inflict on children. Please quit acting the role assigned to you, and search for who you really are. Once you find your true self, stand tall and be proud of who you are. Think of the following very carefully. Ever since the beginning of humanity on earth, there never has been another person in the whole world exactly like you. At the present among five billion people on our world, you won't find another person exactly like you. Even in thousands of centuries into the future, there will never be another person in the whole world exactly like you. This is what makes each one of us so sacred and precious in the eyes of our maker. When you stop and realize how all fascist antisocial tumour groups of hate and intolerance, want to conform all of us into insane

uniformity; they directly assault God's greatest creation by preventing all of us from being who we really are. This is the reason why our prime mission in life is to get to know ourselves for who we really are. We are different through looks, personalities as we are from our very own fingerprints, and at the same time we all are human beings regardless of race, sex, sexual orientation, language or point of origin anywhere on earth. Demand your basic rights. If you're black, gay, Jewish or if you love someone from another race, go for it. All of those things are all right. It's the dictative bigots of hate who are in the wrong. Just be yourself, you're O K. You must learn to love yourself for who you are before you can truly love another person. Never surrender to the religious fundamentalist's scare tactics or to any other intolerances. No matter how much pressure they put on you, tell them to get lost and to clean out their own closets. Stand your ground, after all it's your space and don't let them trespass on it. The more we stand against those antisocial tumours, the more we prevent them from spreading their antisocial cancers; giving them the message that their causes are no longer acceptable.

Furthermore I have taken on the responsibilities to move forward in time, by rejecting old prejudiced morality rules from the religious fundamentalists. I also did likewise to society's old die hard attitudes of intolerance towards all minorities. At this point in time, I quit my self denial and face the real truth of life. Now I stand firm on my commitment. I came into this world to be who I am; and refuse to be who I'm not.

This experience has done more for myself than I ever realized. First it restored my dignity, pride and the courage to oppose hate wherever it rears its ugly head. It's a great feeling well worth the efforts to strive for, when you realize that you become part of the solution in securing equal rights for everyone.

CHAPTER 9

MOTHER NATURE AND OURSELVES

Under the crushing power of intolerance, many people give up in despair refusing to challenge the intolerant. All those miseries are man made and self inflicted. They are not caused by nature. This old earth of ours has existed for millions of years and got along quite well long before man sprung to life on it. Grant you, sometimes mother nature whirls tornadoes at us, shakes the ground beneath our feet, pops a vulcano now and then, and in some parts of the world, freezes us to death under a blanket of snow. This proves that mother nature is not perfect, therefore humanity can't be expected to reach perfection. Men through hate, bigotry and intolerance has killed far more of his own kind, than nature did through its natural

disasters against humanity. It shows that we can do much better in the future than what we did in the past. It's better to start late than never. It's still not too late and for as long as there is hope, please don't give up. We are well advised to gather the wisdom to listen at mother nature. After a natural disaster, people collectively help each other to pick up the pieces to rebuild the neighbourhood. Neighbours meeting neighbours for the first time. Even unfriendly people when forced to work together because of a natural disaster, will discover friendship. When a large population faces a natural enemy like a disaster, people usually forsake their differences to work for the common good. It breaks down barriers and establishes communications leading to understanding one another. Every human being on earth is a part of nature with all living plants and animals, as we depend on each other for survival. Between natural disasters and the evolution of killer diseases, mother nature may be sending us a hint to get our own act together.

If this wasn't bad enough, we overly occupy ourselves in inflicting man made miseries on one another. Furthermore we blame nature and everything else for our woes.

Hate, intolerance and bigotry are the fundamental causes of today's worldwide conflicts and massive environmental pollution. We invested endless amount of man power and mountains of fortunes to build weapons of massive destruction. It was and still is done without any consideration to the consequences of chemical radiation and poisoning of the environment. With hate and intolerance in your heart, mind and soul; you can't possibly have kindness to learn how to share and help others. In such a frame of mind, you can't rationalize the devastating pollution war weapons can unleash against the environment. When things do not go in our favor, resentment and hate builds up within ourself, creating a vicious private internal hell. In this condition no one can find happiness. That's why we all have to open our minds to reject the evils of hate and intolerance within us, and replace it with self love and respect; so that we can learn to do the same towards others. The recent uprising of all antisocial tumours spreading their vile and satanic antisocial cancers of hate, is a grave sighn indicating the end of compassion and basic rights around the world. Please pay close attention to this present crisis, and let's take action in any way we can before it's too late.

L. O.

As part of all nature, we the children of mother earth, needs a whole new change in attitude towards ourselves and the world. A good place to start, is to stop looking at the world in black and white. Wake up; and let's open our eyes to see its true beauty in full colours. Colours are abound in every part of nature. Birds, reptiles, amphibians, insects, fish, mamals, all animals, flowers, fruits, vegetables, plants, rocks, soil and even the splendor of the rainbow arching across the clear blue sky, are colourful treasures to the eyes. We the people are also part of nature and come in many colours, just like all of creation. We come in black, yellow, red, white, brown, copper and in an endless combination of shades. We are part of nature's rainbow of colours, and we should celebrate this built in beauty in pride, instead of destroying humanity over racism. If we do this as individuals and in groups, we will develop self respect and dignity from within, to give us the strenth and courage to recognize the good in people; helping society in getting rid of derogatory labels, unjustifiably inflicted on minorities. In doing so, we would realize and see the harm our past behavior did to one another. This should give us the incentive needed to stop and take a serious look at the

damage we already have done against nature because of war. I can't think of a better way to start all of humanity on an international self help recovery program, to turn our destructive hate and intolerance into love, understanding and compassion with acceptance of others.

The next steps are the most difficult of all. Both individuals, large and small religious, political and social institutions who used hate and intolerance against others, should find ways to make restitutions to those they hurt. Whenever possible compensation should be made without any strings attached, to restore justice and make things right. When we do wrong to someone, it's most justifiable to repair the damages in order to build a better and gentler world. Our bloody past never needed to have happened, much less needed to continue in it's present destructive path. Let's turn this history of ours around on the love trail. This will eliminate us from our own self inflicted miseries, leaving us with only mother nature's wrath to survive through now and then. Can you imagine what would happen if all the man power and finances we blew on destructive warfare, were to be rerouted for constructive purposes? We would have a world of less grief and pain with more security

for everyone. Better resources for medical research to find cures for cancer, AIDS, retinitis pigmentosa, muscular dystrophy, flues, the common cold and many other diseases that we can't cure today. I fully believe that all of nature provides a cure to every disease that inflicts humanity. The only reason why we failed to find there cures, is because we squandered most of all of our resources to kill our fellow men while destroying mother nature by polluting the environment. In short we miserably failed to take care of our own kind. However we no longer need to stagnate in our past and it's time to divert our precious resources for constructive uses in the future. Our past actions proved us to be in the wrong, and we can't lose on leading humanity into this new direction.

A new environmentally friendly world order has the potential to almost eradicate unemployment around the world. First all toxic and radio active waste must be neutralized to clean up all of the environment. Millions of jobs can be created by reinventing new environmentally friendly technologies replacing old polluting ones. Just use your imagination and the list can go on forever. Mother nature has built in resilience to recover, if only

we give her the chance. It's still not too late. That's why we must get hate, bigotry, fascism and intolerance out of the way around the world, in order to allow mankind to take on those new challenges, to build a better world for all of us to enjoy.

CHAPTER 10

THE REALITY OF MITORCHONDRIA

Mitorchondria is an energy producing DNA that converts sugar (glucose) into energy found inside every cell in the human body. Muscles designed for exercises contains more mitorchondria than any other cellular tissues in the entire body. You could say that mitorchondria is the energy maker that has it's own DNA.

Mitorchondria is the only inherited DNA that is passed on from generation to generation only by the mother and never by the father. There is a reason explaining how this happens. First of all the egg inside a women's ovaries already contains her mitorchondria. However after copulation, the male sperm expires all of it's own mitorchondria in energy when it swims towards the egg for fertilization.

Because of this natural process, only the male DNA from within the sperm enters the egg minus the male mitochondria. Because mitochondria is passed on only by the female, it is possible to use genetics to regressively trace back into time, every person in the entire world towards a common ancestry. The true reality is, regardless of race, colour, sex, tongue, sexual orientation or any point of origin anywhere in the world, we all come from the very first human beings that came into existence millions of years ago in South Africa. Both scientists and archaeologists now have absolute proof to this reality of great importance.

The importance of all this is to be able to see where we are all going in the future by looking back at where we really came from. First we must get one thing straight because of mitochondria. Since every single one of us in the entire world shares mitochondria from the same source, you could honestly say that in true reality that we are all brothers and sisters to each other, no matter how hard someone may deny it, or tries to convince you to anything different. Because of mitochondria we have a little bit of DNA from every race in the world within each one of us. Now there is no denying that there is no

such thing as totally white, black or pure race. Those facts fully confirms the true reality that there is absolutely no race in the whole world that is superior over another, simply because we are all human beings originating from the same source.

Equiped with this knowledge on mitorchondria, racism, bigotry, homophobia, sexism and all other intolerances from religious fundamentalists and white supremacists takes on a far more sinister threat against humanity. The reason behind this is the realization that those vile satanic behaviors are far more than antisocial cancers, but are also a direct degredation against every person on earth, at the spiritual and physical levels. Here's the reasons why. Let's assume that I unleash an attack against you because of your race. In doing so, due to the fact that we both inherited the same mitorchondria from our common ancestry, I actually attack part of myself by attacking you. If the situation was in reverse, and you were to attack me for who I am, you would also attack part of your very own self just because we are both born as human beings. That is how bigotry, hate and intolerance actually destroys humanity in every aspects of our spiritual and social lives. It's a

real shame that we all failed to eradicate bigotry around the world. That is why we need urgent swift immediate action to band and criminalize all forms of bigotries around the world. It's the only way for humanity to find love, compassion and care, now that we know that there is a little bit of everybody in each one of ourselves.

Since religious fundamentalists believe that we all came from Adam and Eve; they use their ignorant hateful prejudices, to condemn those who believe in Darwin's theory of evolution as being Antichrist. Since we all exist, it's quite obvious that God our creator made us. The real question is; did God used evolution or Adam and Eve to create humanity? Either way, God is still responsible for our existence. So far, the evidence from old fossil bones favour Darwin's theory, and the mitorchondria prove beyond any doubt that we all belong to the same race; called "The Human Race."

CHAPTER 11

JUST SAY NO TO HATE

Thanks to our past apathy and failure to act against antisocial tumours, we are now having an antisocial deficit of hate in today's society. The deficit I'm refering to are the powers gained by all antisocial tumours like the religious fundamentalists to the white supremacists. In the past century humanity has made great progress in high technology, but at the social level we hardly moved forward. Instead men had develop a very bad habit of hiding behind our new technologies, instead of facing the real neglects, in understanding each other, and accepting who we are. This has allowed mankind the capabilities to destroy the entire world, while failing to eradicate hate and violence.

In other words we develop a high tech society while remaining barbarians still in warfare due to intolerances. It's about time we upgrade our social well being into the twentyfirst century. We must elevate our social well being to rival or better still, surpass our high technologies. Even though I realize that we can't possibly eradicate hate and intolerance, we could at least reduce it to a minimum. We must do much better in the future, if we are truly sincere in improving life for all mankind.

The one thing that makes humanity so special, is the fact that we have the power of reason, to think on a spiritual level, and to evolve in emotional reality. This is what makes us in two parts as spiritual and physical beings. This provides two ways to kill someone; at the spiritual level or physically. A physical murder is to end someone's life. A spiritual murder is to use charactor assassination in hate, bigotry and intolerance against another person robbing them of their spirituality. Even though this won't physically end one's life, it's just as cruel and devastating as cold blooded murder. Being hated for the way your born and not being accepted for who you are, has to be more painful than death itself. That's the

reason why our soldiers laid their lives on the front lines in two world wars, to secure our freedom, in the name of liberty. Many died so that we can be who we really are. Hate, bigotry, intolerance and character assassination are excessive emotional cruelties, most worthy to be criminalized and outlawed.

Now it's time to find the cures for all antisocial cancers by attacking their antisocial tumours. A mandatory law should be implemented recognizing that if you violate someone's basic rights using hate, bigotry and intolerance, you automatically forsake your own rights retroactively upon the moment of committing the offence. This will free the law to be able to use any means they see justifiable, to punish anyone who practice those vile behaviors. There is no doubt the antisocial tumour organizations will quickly challenge the law under the Charter Of Human Rights And Freedoms. Talk about a double standard. Can you imagine this? Hate groups hypocritically abusing laws of freedom, to gain their rights to brake the very same laws, by practising hate, bigotry and intolerance against others. That simply makes no sense whatsoever. If I was to abuse a legal tool like a knife to kill someone, I'm sure to face

the law to pay for my actions. That's the way it should be in a just society. I find that it is wrong, when some people kills one's character and spiritual well being, while getting away with total impunity. All tools of the media are no different than the knife. You have the choice to use them destructively or constructively. No matter what kind of tool is used in any way to assassinate someone spiritually or physically is wrong, and the offender should be punished. The Charter Of Human Rights And Freedoms, is a law that should do exactly what it's suppose to do, protecting humanity against the horrors of bigotry. The law must prevail and should never be abused or allowed to be turned against itself by bigots. It's time for all antisocial tumours to die, wither and blow away.

Let's face the true realities that all antisocial tumours from the religious fundamentalists to the white supremacists along with all other hate groups, are nothing but pure terrorists. The only difference between them, is the name of their organizations, packaging the same old antisocial cancers of hate, bigotry and fascism promoting violence, destruction and grief. Please think very carefully of the following.

In the first world war, millions of people died in battle against communist forces, all in the name of democracy and freedom. In the second world war, millions more died fighting the Nazis for the very same thing. Why is it that after all this; that our democratic governments and societies failed to prevent those antisocial misfits from rebuilding their very same forces, that led all of humanity into two world wars? Obviously something here just dosen't add up, requirering immediate corrective action to crush those empires of hate. Leaders of antisocial tumours are all so narrow-minded and full of hate, that they are no longer receptive to new understandings of humanity, and completely numb towards compassion, that they become pure terrorists. They are so full of intensive fears and destructive shame from within themselves, that they refuse to admit there in the wrong, therefore they choose to remain ignorant and uneducated. That's why each one of them have more hang-ups then Ma-Bell's entire telephone circuit. They fear knowledge because they know that they will have to change their ways and dismantle their hateful empires. This would be far too threatening for them as they fear losing the power of control over others. All of those fears come from not wanting to admit that they have

absolutely no control over their own lives; and to lose control over others, will force them to face the pains of their past abuses. Can you now see the dangers of the denial of their destructive addictions of ruling others with the use of fascism, hate and intolerance? All of those miseries are ongoing because they are too proud to admit that they are human beings just like everyone else, and equally subjected to make errors, and therefore imperfect. They take perfectionism way beyond insanity. It is their addictive behaviors that we encourage each time we support any of their fascist establishments of terror. Supporting them is just as foolhardy as to give booze to an alcoholic, or drugs to a drug addict and so on. Here is some examples on the use of terrorism.

Religious fundamentalists leaders are notorious to sacrilegiously blame God as an intolerant bigot who is always ready to send you straight to hell, instead of loving you for who you are. This is how they use religion as a weapon of terror. To further aggravate the situation, if you happened to be different or refuse to submit to their fascist rules, they will go out of the way to make sure that your life on earth will be pure hell, by doing

everything they possibly can to deny you of your basic rights. White supremacists are just as insane. The only big difference is that they do not implicate God into their terrorist actions. Even though all antisocial tumour groups from the religious fundamentalists to the white supremacists are minorities within themselves, they still impose a great threat to all of us. It's because they already own the largest weapons of destruction and are well financially supported by bigots. They all must be eradicated.

To confront any antisocial tumour and their antisocial cancerous members, could prove to be a most frightening and intimidating experience. First we must focus on one true fact. All those groups are vile, satanic and evil. Secondly the good always triumph over evil, providing that the good never retreats when confronted. When you are challenged, keep in mind to draw your strength from your God or your higher power as you know him or her. Don't ever let go of your grounds, and stand firm against evil empires. Show no fear, find different options as to what you can do to encourage action against hate groups. Here is some of the things we can do. Write, fax or call

all our politicians at every level of government, to implement heavier penalties against bigotry. Partake in counter protests against antisocial tumour's marches and their abominable activities. Don't hesitate to call emergency when witnessing unsavory activities on the part of racism and intolerance. Take license plate numbers of their vehicles. Video tape them and take pictures whenever you can. They may be the only witness you have in court for your defence if ever attacked by them. When they leave flyers and application forms in your neighbourhood, collect as many as you can, and take them to the police before they corrupt too many people. Put great pressure on radio and television stations not to broadcast religious fundamentalists or white supremacists hate propaganda. Mount protest and petitions against broadcasters of offending attacks against any minorities. As individuals we can educate the bigots on a one to one basis, providing both are willing to try it. Join antihate groups and organizations opposing intolerance.

Antihate groups and organizations are the good social medicines, that can do lots against hate and

intolerance. They coordinate rallies and marches. Infiltrate a skilled spy into a hate group to extract valuable information, to gain an upper hand in sabotaging events organized by antisocial tumour groups. They provide moral support to encourage the battle against hate. In groups we can form coalitions combining all oppressed minorities into a massive collective force. In such a collective united force, when any of the groups are harassed, all the other members quickly rally in support of the victimized member group. For example, let's assume that we have a collective union of Jews, blacks, gays, lesbians, transexuals, the disabled and many other participants. Let's say that the Jews fall victim to a hateful attack, then it would motivate the blacks, gays, lesbians, transexuals, the disabled and all other members within the union, to rally in support to have justice restored to the Jewish members. This support and security should apply equally to each group member of the union. In numbers we have more clout and strength than when we are alone. We all benefit in unity when fighting injustices. Unfortunately not all minorities see eye to eye with each other, even when facing a common enemy. This is when we all must use the power of example. In cooperation we have to show the

entire world, that indifferences can be resolved. All multi groups within the union must educate each other, to destroy ignorance and eliminate fears towards one another. I can't think of a better opportunity to show the world that the power of education is the greatest weapon against hate, bigotry and intolerance. Now let's get our act together, we can't lose on it.

Anti-hate groups can pressure schools, colleges, universities to include mandatory educational programs, fighting intolerance in their curriculum. Educational materials from all minorities, should be distributed to all religious, social and political institutions. Furthermore the same should be available to every individual upon request. They also have to be accessible to the handicapped such as the blind etc. Education is the key to open closed minds. Educational volunteers could tour different establishments to educate the public. Another possibility is to allow former racists and bigots, to open self help anonymous groups, to fight their addiction of intolerance. If bigots refuses to seek recovery, they should feel the full wrath of the law whenever they practice their trades.

Antihate laws can be made to deliver a good deterrent if they are broken. Here is a great example. It should be mandatory that when someone attacks another person using hate and intolerance, must be made responsible for their actions. If the attacks results in injuries requiring medical attention to both involved, the offender must be obligated to pay in full all of the medical bills for both of them. Furthermore, a courtsey clause in the law should further obligate the offender to pay in full their victim's entire medical bills before paying for their own. This includes ambulance, surgery, X-rays, therapy, medications, hospital fees and any other follow up costs. If the victim is disabled for life resulting from a bigot's attack; the offender must pay a restitution of twenty five percent of their income for the rest of their life, regardless of the type of income they have. The reason for this is simply because, none of those medical costs would have occurred if the bigot would have not attacked. Therefore he or she should pay for their actions instead of all of us paying for it through taxes. This will save billions of dollars of medical bills to be paid by the offenders instead of all of us the public. Such high medical bills should strike maximum terror into the hearts of bigots, and all those who uses any kind of violence against another person.

If the attack results in death, it should be made mandatory for the offender to pay in full the entire cost of their victim's funeral. After all, it's tragic enough for the family to suffer the loss of a loved one through murder, and most certainly don't need the burden of expensive funeral costs. Let the culprit pay for his or her crime. This must be followed with a minimum of no less than twenty years in prison with the best possible rehabilitation programs for his or her recovery. They should never be released until proven trustworthy. If not cooperative, the offender shall remain in prison until they die of old age, or whatever comes first.

All antisocial tumours from the religious fundamentalists to the white supremacists, always escaped their responsibilities for the damages they done against humanity. It's long overdue time for the good in humanity to take firm action, in illegalizing all of the above institutions of hate and intolerance. Their actions must be criminalized in order to force them to make restitution to all the people they cause pain, injustices, grave damages and grief. We must criminalize religious fundamentalists, racism, homophobia, sexism, bigotry, women and child abuse along

with all other forms of intolerances in every nation around the world. Those new laws should be policed by a worldwide agency with the full clout to enforce and apply penalties at offenders in all countries. This would have to be a worldwide cooperative force made up of participants from all nations. This is how the law must be enforced all over the world.

Anyone caught in establishing a white neo fascist supremacist regime or a religious fundamentalist group or organization, should be executed when found guilty. It's members must undergo antihate therapy followed by the twelve steps recovery program to fight their hate addictions. If not cooperative, sterilization must be made mandatory so that they can't be able to have children or not to be allowed to adopt them, to prevent raising them in an intolerant environment. They should go to boot camps for the rest of their lives, or untill they choose to tackle their hate, and take corrective actions to freedom.

Present fascist governments and fundamentalist religious establishments still in operation today, must be forced to make restitutions to every individual, groups and

societies they abused with ignorant prejudices. It's the only way to correct all injustices they done against minorities. Let's see if they have the guts to carry through with this idea. Just because we allowed those antisocial tumours of ignorant intolerance to grow into massive empires of hate; is the reason why we had to go through two world wars to defeat them. Wearing poppies on remembrance day, is not enough for those who gave their lives for our freedom. We must do a lot more to honour them. The least we can do, is to crush all forms of hate, bigotry and intolerance before those antisocial cancers destroys all of humanity.

We can't rule out the possibilities of the future. At present there is a worldwide reserch challenge called, "The Human Brain Mapping Project." This involves many scientists around the world dedicated to trace all of the circuits inside the human brain. At this moment, this raises many questions. Will it be possible to trace out emotional brain circuits as well as biological ones? Could it be possible to locate brain cells that are responsible to learn hate and store it as intolerance inside one's head? If such a zone exists inside the brain, could this

result in new treatments or cures for bigots? At the moment this is science fiction. Keep one thing in mind, a lot of today's high technologies were once science fiction just a few short years ago. In the future a lot of our present science fiction will become realities.

Present technology may have a potential solution in the battle against intolerance. It's called the camcorder. A recent discovery reveals that people who see themselves on television performing undesirable behaviors, will often quickly change their attitudes and take corrective action. A case in point. An alcoholic saw himself on television drinking aerosol alcohol in a document on the subject of "The Street People." The experience jolted him into reality, and he quickly joined alcoholic anonymous. Now he has a good job, an apartment, and above all self respect. There has been many similar incidents involving television. The psychological impact of seeing yourself from an outside eye through television, can motivate a change of attitudes altering behaviors. We don't know if television therapy works on bigots, therefore it must be tried to find out the answers. In reality and on television, bigots looks like a bunch of ignorant morons with their grotesque behaviors.

To all those who partake in the war against hate, intolerance and bigotry, deserves the best awards ever bestowed upon an athlete or hero, for your ongoing courage. You are the only hope for mankind to prosper in a future world of love, care, compassion and full acceptance of one another for who we are.

CHAPTER 12

HEALING OURSELF AND SOCIETY

In order to recover our society from it's present demise of hate, intolerance and violence, we first must start with ourselves. In today's fast pace of life, we are always in a mad rush refusing to slow down long enough, to reassess our inner feelings about ourself and how we behave towards others. To further aggravate this situation, we lose our communication skills towards one another, by neglecting to take time to talk and reach out at others. The art of communication requires one to learn how to become a good listener, with an open mind. To hear, understand and relate to what the other person is saying to us. It's a most challenging task to achieve without

allowing our own inner thoughts to interfere or sidetrack our attention away from what others are telling us. That's what makes the art of listening so challenging and difficult, requiring a lot of practice. To truly care and commit oneself to the above skills, will allow us to build up the social foundation that creates healthy family style bondings needed between one another. The art of communication will foster understanding, care, compassion and sanity. This is how caring friends are made, who willingly offer to help you in your time of needs, without asking for anything in return. The loss of the above skills is the fundamental cause, that make it so difficult today in making true good caring friends. Instead, today we always end up with acquaintances that runs for the hills as fast as they can in your time of needs, when you require most support. True friends stick together through thick and thin, using resources to help each other in unconditional love. That's the difference between an acquaintance and a friend. Acquaintances are nice, but friends are the true riches and wealth of life. That's why we must all rediscover communications and unconditional love. Instead we are too preoccupied in wasting thousands of hours watching violent programs on our televisions or in our movie theaters.

Since hate, intolerance and violence are learned behaviors, such long excessive exposure to it, will desensitize one's mind to its cruelties, making those vile satanic behaviors more acceptable in our society. When violence is glorified, people are more prone to use it as means to reach a higher sense of power over those they hate. Furthermore this desensitization make one far more vulnerable to follow the satanic commands of religious fundamentalists, white supremacists and other hate groups, making victims out of all of us. Those antisocial tumours are exploiting every branch of the media to spread the antisocial cancers of hate and intolerance, promoting bigotry throughout all of humanity, causing all of our destructive antisocial ills. They prevent humanity to progress forward into a new society of understanding and compassion. It's obvious that our society has now gone out of control, and that it's long overdue time to slow ourselves down, in order to gain an upper hand in rescuing humanity back into sanity. I'm not condemning all television shows. Fortunately there are many very good educational and talk show programs now being loaded into different channels and cable services. They provide healthy discussion and understanding on a wide range of issues. I just wish more

people would watch them instead of this violent garbage cluttering our television screens. Now let's take the time to slow down.

Starting with ourself, I recommend to set aside half an hour a day to sit down and meditate. This is at first a difficult task to master, but with practice and patience we can make it. In order to meditate, we must learn to relax with soothing music or by remaining in a quiet room undisturbed by outside noises. Secondly make sure that no one disturbs you when you meditate to avoid distractions. Once you are begining to relax, let your thoughts flow freely and gently focus on your inner feelings, to realize if you are happy about yourself. If not; please don't panic or feel ashamed, and most of all don't quit. There are millions of people in the very same boat and you're not alone. This is when many people discover that they're not happy about themselves, and take this opportunity to search for the reasons why. This will make it possible for you to discover your true inner feelings, so that you will get to know who you really are, giving you a chance for a better life. Unfortunately there is no easy or painless way to recover from past abuses. This is when we ask ourselves many questions.

Why I'm not feeling good about myself? Did I got emotional, physical or sexual abuses as a child? If so, who abused me? Was it a parent, the clergymen, a stranger, a relative, a friend or someone else? What is my outlook towards myself and others? Am I feeling pain, anger, shame and frustrated with life itself, feeling completely powerless? Do I feel depressed to the point that I find no reasons to go on living? Do I feel as if the whole world is against me? Is there a way out of this hell hole? Those are just a few of many questions that I asked myself, that helped me to recognize the emotional abuses that I suffered during my childhood and why I became a very bitter angry man. If you wish to refresh your memory, please reread chapter "My Own Closet." I'm happy to answer the last question with a big yes, that there is a way out of this hell hole. I'm proud to say that I'm one person out of many others who recovered and found our way back to sanity. While on the subject of meditation; my most reliable true friend, is sharing her experiences as to how she handled her childhood abuses through spirituality. This is what she has to say.

Those are strictly my views on spirituality. We are all born with spirituality within us, and for many people it is lost at a very early age. I regard my self spirituality as kindness in thoughts, my talks and actions to do to others what I want others to do on to me. To have good thoughts towards others, and helping them without any expectation as to what they can do for me. I find those qualities most difficult to follow in our present lifestyle, and it seems to get ever more challenging through the passing years. It is said that every child is born perfect in God's image. However I don't believe in this quotation, because of what I see in our diverse world around us, that makes me ask questions and wonder.

All children are born different. Unfortunately many have handicaps such as blindness, deformities, learning disabilities including being born into diverse formes of sexualities. It makes me think that perhaps we should redefine this quotation of "being born perfect in God's image," or change it so that it would say "are we born perfect?" I believe that every child is born without hate, judgments or intolerant. However there born with love, acceptance, beliefs and most important of all, trust. I realize that

most people will question why I put trust before love. How can we learn to love without trust? Trust is the foundation to build love upon. How come there is far too many people growing into adulthood without their spirituality intact? I call it the saddest side of abuse that robs children of their soul and spirituality. Any kind of childhood abuse will strip a child of all it's birth given qualities, freezing them back in time, depriving them of having a healthy development. This renders many people dysfunctional and barren in the skills of life, unable to bear the healthy fruits of life.

You can be an avid church goer, and still have no concept of spirituality. It's not surprising when we realize that not all, but many churches and organized religions are often some of the worse offenders into not having any understanding of spirituality. We live in a world full of people unable to cope with life. Most of those people are viewed as bad kids. Children are never born bad; It's the adults that renders them that way through abuses. I lived through what I'm talking about here.

To say that I had a worse childhood than many other people, may be true to some extent. I had nobody to protect me in my time of needs. You'll be shocked to find out that the same thing happens to far more people than you ever realized. It wasn't until a few years into recovery, that I realized that I had no concept of spirituality, and that I had to go back into my childhood to reclaim that part of me, in order to become myself as a complete person. It was by far the most difficult and frightening task I ever did in my entire life. The reasons to go through this process, is that we must let go of most of our (self imposed will) without losing our given will. There is a great difference between both types of wills. Many people ask why going back to those painful years, instead of just forgetting about it, and to simply go on with your life? Life just doesn't work this way. Here is my experience.

When we are robbed in childhood of our spirituality, you are robbed of your feelings and emotions. That's why we must go back, back to rediscover those lost feelings. It is the emotions that comes with going back, that very often scares us the most, while they become new to us. The reason for so much fear, is because we were abused for those very

same feeling as children, fearing that the same things will happen again, from people who will tell us that we have no rights, to feel or think as we do, rejecting us. When you get as far as I did, we often hear many voices from within telling us to do this or that. I have heard many people say "I must have forty or more people, all talking at the same time inside my head," I know, I felt that way.

Meditation is one of the great tools to come through this. Meditation and trust go hand in hand. Meditation is to let go of all the cares of the world, while relieving yourself from your own (self imposed will) to risk and challenge the unknown. Meditation is just as diverse as the number of people practicing it. I meditate the best by dimming the lights in my room and putting on my mood music. Once the mood is set, I write all my thoughts, and recently, I write my feelings in poetry, it often bring back memories and feelings from long ago, most often forgotten. That's great, because it leaves me with a new perspective on my problems. Often it helps to solve them. Meditation is listening to the inner self. Many people and I refer to this as spiritual self. This is the spiritual self that we are born with, and then robbed of through abuses. We often

call spirituality the power greater than ourself, interpreted differently on an individual basis. Some people will call it God. For myself it's the mighty oak tree, giving me a feeling of peace, and returning me back to nature. It is in those times that I am able to see the wonders of the world, losing all fears, returning my mind in a state of peace. This is when I learned to trust myself to my own in total confidence. Now you can see why, my God is the oak and it's spirit. Do I practice my spirituality well? Sometimes well, and other times not, that's part of being human. No one is perfect, and well we should not be, but to do our best, each is what it is all about, it is how it was ment to be.

This concludes her inspiring insight into meditation and spirituality. Most of all it's a most profound pleasure to congratulate you on work well done towards your own recovery.

When you reach this stage of your recovery, it's highly advisable to seek some support from a very close special friend, or a support group dealing with abusive situations. Please don't ever attempt to go through this

alone. There is no shame in sharing your difficult experiences and pains, with others who are willing to just listen to what you have to say. It's an absolute must to share our inner feelings, so that your bottled up pains have a constructive way to vent out of yourself. Don't be ashamed to let the tears flow, especially boys, young male teenagers and fully grown men. Crying is a natural internal tension releaser. It is a "must have to go through" process to be able to reach recovery. Fortunately it is far more acceptable for the female gender of our society to be allowed to openly express all feelings and emotions including crying. That is why women live longer than men. Unfortunately the harmful opposite applies to men, as some kind of taboo to be human beings with emotions. This highly abusive and dangerous taboo must be broken, and that is why I affirm this right for every male who is a human being. Crying is not a sign of weakness, but instead is one of strength of being human. Cry and let it all out, you will live longer and be much happier for it.

In order to find support groups, It's advised to check the local public library. Usually they have a list of self help groups and organizations available to you now.

If the library does not have the information that your looking for, they will direct you as to where you may find help. The YMCA or YWCA along with other volunteer organizations, may also be a good source of information. WARNING; avoid establishments operated by any religious fundamentalist churches, they're dangerous. I realized that a great deal of willpower to recover must build up from within, to aquire the courage to attend a self help group for the very first time. A tremendous fear of rejection and not fitting in the group is most overpowering. However courage must conquer those fears in order to become a new member of the support group. That is why when someone succeeds in joining a support group, has the right to claim that they just won half of the battle towards his or her recovery. This is when you deserve the outmost of respect, dignity and praise for your brave courageous action.

Keep in mind that there are several kinds of self help group, that provides a wide range of services. Don't hesitate to use your freedom, to select the support group best suited for your present needs. As you progress in your own recovery, you may discover the need to change into a more advanced group, as your needs changes. You will also

discover many people who went through similar situations just like yours. Each support group provides a great potential to make new friends. The best way to recovery, is to invest some of your efforts into a self help group, so that you will benefit from their support in your time of needs. There is no reason for someone to be all alone.

Everyone recovers at a different rate of progress, throughout the many levels of recovery. No two people are alike, even though they may have endured similar abuses. Don't rush, but progress at a comfortable pace. Be patient and above all, don't quit the support system. It is there to help you to turn your life around for the best. After days, weeks, months and even years, your recovery will improve to the level where your outlook on life will flourish in pride of who you are, with great sense of accomplishment. With this new knowledge of understanding, you will be able to heal your past pains, and gain respect for yourself and towards others. From this, you will become a tower of strength in helping others to become part of the solution in rescuing humanity from it's present violent demise. When you reach out towards new comers, and see them progress into recovery, this is when you feel the ultimate pride of

shaking off the shackles of hate and intolerance, with the absolute ecstasy of your mind and spirit soaring into the light of love and understanding. This is the real true feeling of freedom. Once you graduated into a sane lifestyle, now it's time to put your new skills to work.

This is when you begin to choose the kind of volunteering work best suited to your skills, talents and interests in helping others. This will become your great contributions to help healing our society from its pains while strengthening your well being. Many groups and organizations are in great need of your expertise. Here are just a few examples. The March Of Dimes, Green Peace, The Canadian National Institute For The Blind, The Good Will, raising funds to find cures for AIDS and other killer diseases or partaking in other ways to help others. You may wish to join in rallies against hate and injustices, or educate the public about minorities to break down phobias caused by ignorance. Now the limits go as far as your imagination will allow you. As you help others, you will feel a most soothing sense of peace from within with the greatest satisfaction for work well done, just by simply doing the best you can within your capabilities.

Unfortunately we are so preoccupied in spreading violence that we completely neglected to teach etiquettes of compassion and good will. It's never too late for anyone to learn, and that includes society in general. The first place to tackle this problem is at home, especially in our schools, colleges, universities and churches. Those values must be fully enforced continually throughout the entire educational process. I don't expect to take this to the point of forcing students to walk with a straight back, while balancing a stack of books on their heads just to see if they have good posture. However I expect gentleness, compassion, respect, proper table manners, politeness, gratitude and cutting off profanity with foul attitudes. To help others in time of needs. To give compliments instead of insults. To look for the good qualities in others instead of faults. To control our temper and stay cool under stress, learning to reroute our anger and frustrations towards constructive purposes. Communicate with those we do not understand, so that we will break down the walls of ignorance. There is still an endless list of ethics to help in improving all of our behaviors towards others and ourselves. Well qualified councillors must be made available throughout all levels of the educational

system and society, to help people in difficulties. This is not sissy stuff, it's the only sensible program that can be made available to counteract against the violent teachings from our society.

Just like a recovering individual, society as a whole must go through the process of recognizing its pains, to deal with them in order to begin the healing process leading to recovery. As our society recovers, the thirst for blood should fade away. This will allow a new growth, in a healthy community spirit of cooperation, to improve the quality of life for all of its members. It's also a great accomplishment for an entire community in recovery, to reach out towards others, in passing out the tricks of the trade in exchange of solutions, to help others to set up their own recovery systems. Just like individuals, those programs must be tailored to suit the needs of that particular community. This is the only way for humanity to emerge into a safer gentler and cleaner world into the next century and beyond. Now the choice is all up to us as individuals and in groups to take on those formidable tasks, or to simply give up. Before we make any kind of decisions, it's most advisable to seriously compare what we have at the

present, as opposed to what the future may become if we all clean up our own act. I hope that the following will motivate us towards positive actions, no matter how insignificant your work may seemed to be. Be fully assured that every little bit helps to add up into great results. Read the following very slowly, and reflect carefully on each question, and on every word.

Ask yourself the following questions. First of all do you want to live in a violent world of hate and intolerance for the rest of your life? Did you know that religious fundamentalists, white supremacists and all other fascist dictators have no perception of kindness? Do you know that they are excessively cruel, deceptive liars, greedy for wealth, with an unending lust for power to rule others with an iron fist? Have you ever realize that they have absolutely no value on human life? Were you ever aware that they have no respect towards the rights of others, numb and ignorant without compassion for the feelings of their victims? Are you shocked, and most frightened to wake up to the present realities that there are already far too many of those unsavory characters in our society, governments and churches? Religion and politics should never mix. They

produce the worst vile satanic forces against human rights, freedoms and all of society when combined. While we still have our basic rights to vote, it's wise without exception to vote out intolerant politicians and leaders, while we all prevent others with similar bigotries from ever gaining any kind of authority. We all better get with it before it's too late. Do you have any idea of the horrors and atrocities men inflict against each other because of hate, intolerance, bigotry and fascism?

We... Abhor, abominate, abuse, ambush, **anger**, assault, beat, betray, blast, blister, blow, bomb, brainwash, burn, bury, cheat, choke, classify, clobber, condemn, criminalize, cruel, crusify, curse, deceive, defame, defeat, deprive, destroy, devastate, discriminate, disempower, distress, distrust, drown, electricute, eliminate, excoriate, execute, experiment, exploit, exterminate, fascism, flagellate, hate, horify, hunt, hurt, ignore, imprison, kill, oppose, oppress, plunder, poison, prejudge, rude, shame, steal, torture, unconstitutional, unjust, unkind, vindictive, violate, violent, vulgar, plus much more of your own words that you can add to this list of disgrace. This is not a list for humanity to be proud of. If you want mankind to stagnate

in this cesspool of violence, just sit on your butt and do nothing. Better yet; wake up and smell the coffee, then you will realize that it's still not too late to do something about our transition into a gentler world. It's all in a matter of survival.

Perhaps you'd rather live in a world of love, understanding with care and compassion. For this we would require sound minded leaders with sensitive wisdom, to serve the public in applying equal justice, while respecting the rights for all citizens. To become such a leader, one would have to be a good listener with an open mind, and have the courage plus the strength to take fast immediate action against those who want to hate and oppress others. In true reality, the full responsibilities to turn humanity's evil ways into goodness, relies on all of us including you. Those who are different from us, are the very best people capable to teach us more about life because of diversities. Love and kindness are just like fire. Both can be given, to those who have not; giving them light and comfort, without losing your own flame. Imagine a large room full of people holding a single unlit candle in their hands. All it takes is only one person to

light one candle, and from that same candle everyone in the room can have their candles lit through sharing the flame, while keeping the very first candle lit. In other words you can't lose by helping others. That is a prime example as to how love, compassion and good will can be passed on from one generation to the next, to build a greater safer world. I'm fully convinced that it's still not too late to learn to respect each other's basic rights, so that we may free ourselves from the destructive pains of hate and intolerance. This is when we will be truly free to fully enjoy life, and let others do the same no matter how different they may be from oneself. Those are the answers mankind has been looking for. Now there is no time to lose, and let's go for it. In reality we are all responsible for peace and love. May God bless you with unconditional love.

THE END

About the author

I was fortunate to have been raised on both sides of every issue during my upbringing. My mother was a fundamentalist in the Catholic religion which caused her to become intolerant towards minorities.

Even though my father started out just like my mother, he fortunately gathered the wisdom to educate himself about minority groups, becoming more understanding in the battle for equal rights. I'm very proud to have chosen love and compassion over hate and intolerance. I found my choice rather easy, considering how humanity is constantly preoccupied with killing each other in an endless bloodbath. Hate, intolerance, bigotry and fascism are the root causes of this unnecessary man-made hell. Seeing the pain in the faces of the oppressed people motivates me to take actions against those cruelties.

In truth, we are all responsible for building a better, safer world for our future generations. If you truly feel that there is too much violence in today's society, this book is exactly what you need. It contains plenty of ideas and inspiration to encourage action against all forms of intolerant bigotries wherever they rear their ugly heads.

I wrote this book with the hope that we will all do our part against hate.



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